

**INSIDE THIS ISSUE**

*Executive Director* . . . . . p.2  
*LSCO Contacts*. . . . . p.3  
*In-Home Supports & Volunteer Coordinator* . . . . . p.5  
*From the Kitchen* . . . . . p.6  
*Message from the President*. . . . . p.6  
*LSCO Programs* . . . . . p.9  
*LSCO Social Worker* . . . . . p.17  
*Computer Corner* . . . . . p.18  
*Classified Ads* . . . . . p.18

*Join Us for*


**LSCO CLOSED**  
**MONDAY, OCTOBER 11**  
 for Thanksgiving

**SERVICE CANADA**  
**INFO SESSION**  
 October 14 (See page 12 for details)

**FLU SHOTS**  
 October 18 & 19 (See page 4 for details)

**COMPASS FOR THE**  
**CAREGIVER**  
 November 2 – 23 (See page 13 for details)

**FREE NECK & SHOULDER**  
**MASSAGES**  
 Wednesday, November 3 & 24  
 (See page 5 for details)



# ALL IS CALM

## THE CHRISTMAS TRUCE OF 1914

By Peter Rothstein  
 with musical arrangements by Erick Lichte  
 and Timothy C. Takach


November 19, 20 & 21, 2021

Director: Fran Rude  
 Music Director: Ken Rogers

Yates Memorial Centre  
 November 19 & 20  
 7:30 pm

Sunday Matinee  
 November 21  
 2:00 pm

Tickets available at  
 the Ticket Centre  
 329-SEAT (7328)



All is Calm is presented through special agreement with Theatre Latté Da. Latteda.org

**Volunteer Help Needed**

We require Drivers to deliver meals within the City of Lethbridge.  
 Time commitment: One and a half – two hours.  
 Frequency: Once a week on a monthly or bi-monthly basis or  
 "on-call" as required. Meal pick-up: 10:15 am at LSCO  
 E-mail your application to [volunteer@lethseniors.com](mailto:volunteer@lethseniors.com) or drop off at:  
 Lethbridge Senior Citizens Organization (LSCO)  
 500 - 11th Street South • Attn: Shiloh, MOW Coordinator  
 We will provide more information upon receipt of your application.  
**Thank you for reaching out. It takes all of us to care for our seniors.**





## Executive Director

**Rob Miyashiro**  
rmiyashiro@lethseniors.com

As you may know by now, LSCO has chosen to implement the Provincial Government's Restriction Exemption Program to allow us to continue to operate as normally as possible.

This means:

### Between September 20 – October 25, 2021

- Proof of a single dose is considered acceptable if the dose was given more than 2 weeks before date of attendance. OR

- Results of a recent (within the previous 72 hours) privately paid negative COVID19 test (either PCR/Rapid test). The test may not be from AHS or Alberta Precision Labs. OR

- Medical exemption documentation

### After October 25, 2021

- Proof of double vaccination will be required OR

- Results of a recent (within the previous 72 hours) privately paid negative COVID19 test (either PCR/Rapid test). The test may not be from AHS or Alberta Precision Labs. OR

- Medical exemption documentation

Acceptable Forms of Proof for Entry are: Health services vaccination document OR Immunization records from myHealth Alberta app (printed/online) OR Results of a negative COVID-19 PCR/rapid test no longer than 72 hours prior to reservation. (Must be privately paid for, cannot be from AHS or

Alberta Precision Laboratories) OR Medical exemption documentation from a doctor.

On another note, I must admit that I am very disappointed in the number of walkers that participated in our inaugural Grand Parade fundraising event (our first fundraising event since November of 2019). Rod worked very hard to get this event off the ground and it was sad to see his effort being met with apathy. Our members need to understand that LSCO must self-generate 80% of our budget...that is, only 20% of our budget is sourced from Government contracts. Fundraising is an important component of the budget, and with no fundraising events for 18 months, our revenue has been severely diminished. Please keep this in mind when fees are raised, if staffing levels are reduced (and related levels of service) or if equipment is not maintained nor replaced when necessary. ★

**LIVINGSTONE ESTATES**

Get started on a **NEW BUILD today!**  
Fully customizable units available

**THE BEST OF ADULT LIVING**

## BUNGALOW CONDOS IN WEST LETHBRIDGE



**ONLY 2 LEFT**  
AT LIVINGSTONE ESTATES

Contact Trisha or visit [parksideliving.ca](http://parksideliving.ca) to learn more about The Estates at Parkside Place — a new community of Bungalow Condos coming soon to Coaldale!

**Contact Trisha**  
for more information

☎ **403.331.1132**  
✉ [trisha@newrock.ca](mailto:trisha@newrock.ca)

Visit us at  
[livingstoneestates.ca](http://livingstoneestates.ca)

**Showhome**  
location & hours

📍 **Northlander Bend**  
WEST LETHBRIDGE  
📅 **Call today to book your tour of the showhome!**

PROUDLY BUILT BY **NEWROCK DEVELOPMENT**

**World Mental Health Day 2021**  
October 10th

Mental health care for all:  
**let's make it a reality**

# 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**



**LSCO Library**  
Books / Puzzles / DVD'S  
*Donations gratefully appreciated.*

Please drop off in the Library or at the Administration desk.

*No magazines please.*

**Thank You!**

# LSCO Times

A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

Layout, Advertising & Circulation. . . . . Lisette Cook (ext. 33)  
 Printed by. . . . . Lethbridge Herald

## The Officers of LSCO

### 2021 – 2022 Executive:

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

### Board of Directors:

Liz Iwaskiw, Reg Dawson and Brian Sullivan.

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

### Staff Members:

- Executive Director – Rob Miyashiro  
[rmiyashiro@lethseniors.com](mailto:rmiyashiro@lethseniors.com) . . . . . ext. 24
- Operations Manager – Jodie McDonnell  
[jmcdonnell@lethseniors.com](mailto:jmcdonnell@lethseniors.com) . . . . . ext. 23
- LEARN Case Manager – Amy Cook  
[learn@lethseniors.com](mailto:learn@lethseniors.com) . . . . . 403-394-0306
- LSCO Social Worker / Case Manager  
 – Heather Bursaw  
[hbursaw@lethseniors.com](mailto:hbursaw@lethseniors.com) . . . . . ext. 57
- Volunteer Coordinator – Shiloh Sabas  
[volunteer@lethseniors.com](mailto:volunteer@lethseniors.com) . . . . . ext. 31
- Seniors System Navigator – Amy Labossiere  
[alabossiere@lethseniors.com](mailto:alabossiere@lethseniors.com) . . . . . ext. 25
- Member Services Assistant – Diane Legault  
[dlegault@lethseniors.com](mailto:dlegault@lethseniors.com) . . . . . ext. 30
- Marketing & Media Coordinator – Lisette Cook  
[lcook@lethseniors.com](mailto:lcook@lethseniors.com) . . . . . ext. 33
- Program Development Coordinator – Shawn Hamilton  
[shamilton@lethseniors.com](mailto:shamilton@lethseniors.com) . . . . . ext. 26
- Social Media Specialist – Rod Henriquez  
[socialmedia@lethseniors.com](mailto:socialmedia@lethseniors.com) . . . . . ext. 33
- In-Home Supports Coordinator – Shiloh Sabas  
[mow@lethseniors.com](mailto:mow@lethseniors.com) . . . . . ext. 34
- Fitness Instructor/Trainer –  
[fitness@lethseniors.com](mailto:fitness@lethseniors.com) . . . . . ext. 61
- Accounting Technician – Christine Toker  
[finance@lethseniors.com](mailto:finance@lethseniors.com) . . . . . ext. 59
- Administrative Support – Kari Martin  
[kmartin@lethseniors.com](mailto:kmartin@lethseniors.com) . . . . . ext. 21
- Chef – Bonnie Jadeske . . . . . ext. 27
- Food Service Cashier – Georgette Mortimer . . . . . ext. 27
- Adult Day Program Supervisor – Sharon Appelt  
[sappelt@lethseniors.com](mailto:sappelt@lethseniors.com) . . . . . ext. 32
- Alberta Supports Call Centre . . . . . 1-877-644-9992  
[www.albertasupports.ca](http://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!*

Art Brouwer	Leah Berkhoff
Donna Gibson	Sue Caldwell
Heather Gore-Hickman	Carl Schmidt
Gail Williamson	Sylvia Frecka
Helen Ingram	Carol Block
Joanne Kontek	Dori Rodzinyak
Keith Greeno	Darlene Sinclair
Karin Brown	Albert Graham
Timothy Thompson	Linda Learn
Mary Thompson	Stu Sinclair
Irene McIntyre	Jean Albush
Judy Hammerstedt	Richard Butt

*A Smile is the Universal Welcome*



*Happy Thanksgiving*

LSCO WILL BE CLOSED  
 MONDAY, OCTOBER 11TH  
 TO CELEBRATE THANKSGIVING



*Greetings from the Boutique*

**OCTOBER IS HERE!**

The Boutique needs to prepare for Thanksgiving, Halloween and lots of other Autumn events.

We would like to ask what new craft items you would like to see in the Boutique. Drop by and give us your ideas.

Consignees – here are the dates to start brining in your crafts.  
**Winter ~ Monday, October 4 • Christmas ~ Monday, November 15**

Note: We are still looking for new consignees with new ideas.

*Thank you for your support.*







**\$6<sup>50</sup> BREAKFAST Special**

**Served 8:00 am ~ 1:00 pm Weekdays**  
 Non-members add 15%

**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!**

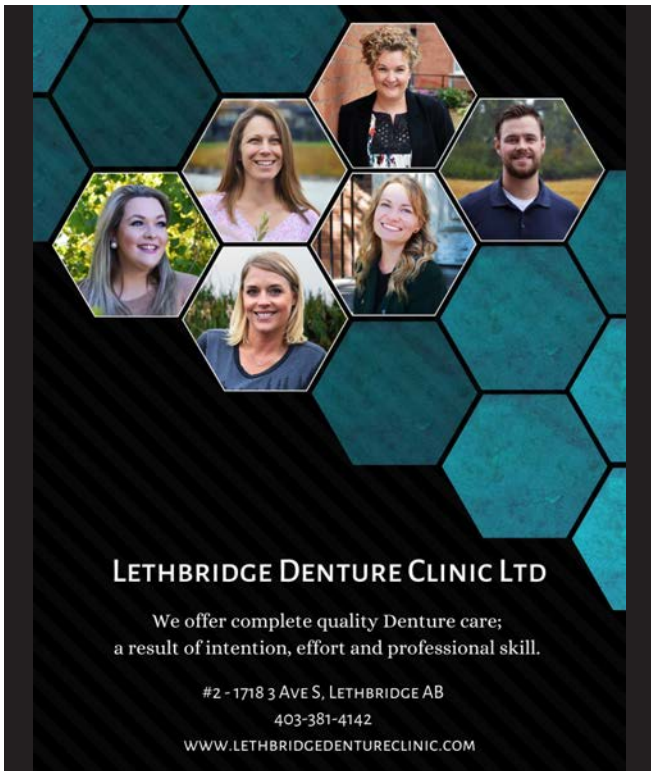






**Publishing Schedule**

Issue	Deadline
November . . . . .	October 15
December. . . . .	November 12

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

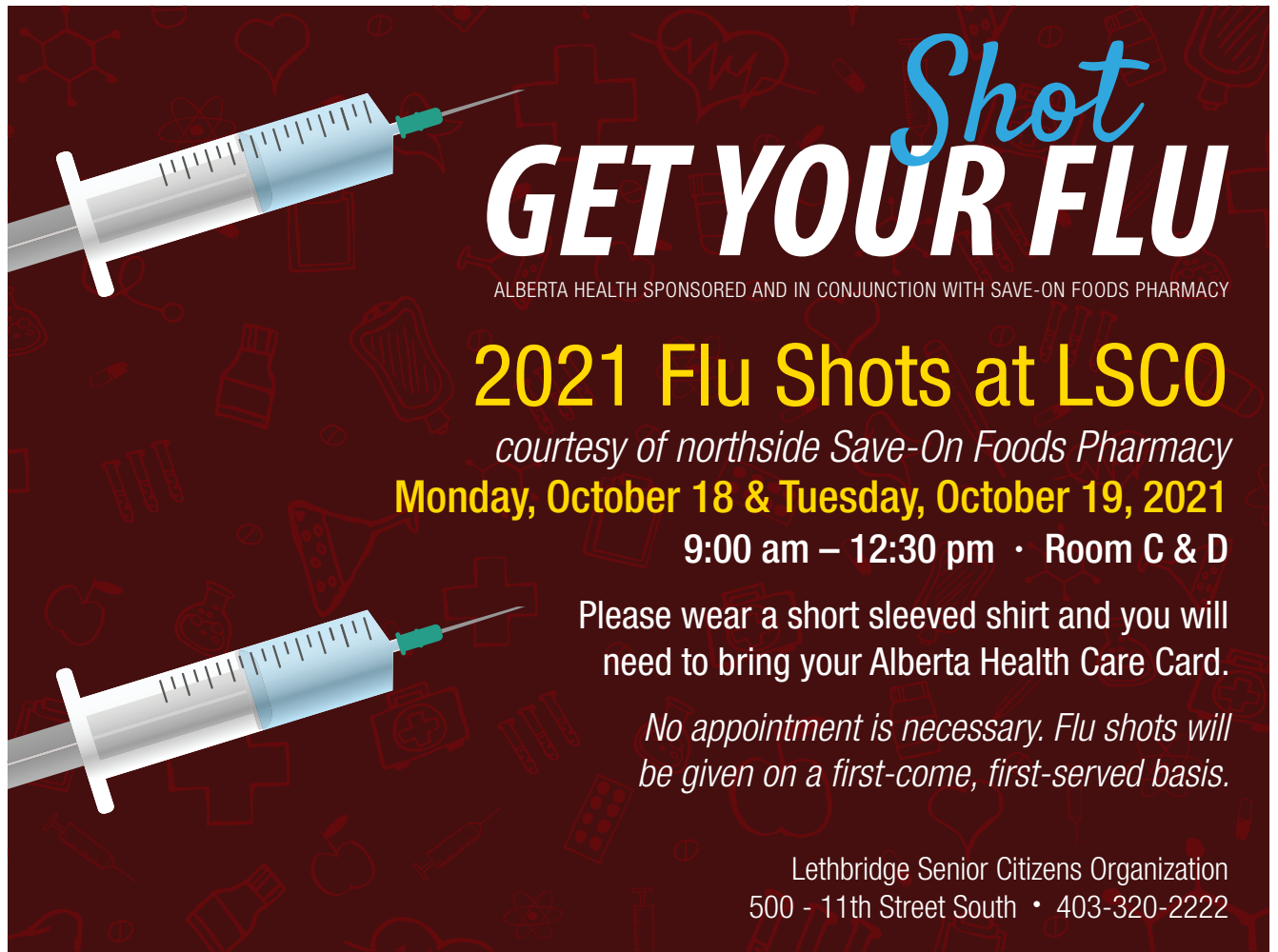


**LETHBRIDGE DENTURE CLINIC LTD**

We offer complete quality Denture care; a result of intention, effort and professional skill.

#2 - 1718 3 AVE S, LETHBRIDGE AB  
403-381-4142  
WWW.LETHBRIDGEDENTURECLINIC.COM

After retiring from NASA, Buzz Aldrin, the second man on the moon, fell into a deep depression and ended up working as a used car salesman.  
~ weird-facts.org



*Shot*  
**GET YOUR FLU**

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

**2021 Flu Shots at LSCO**  
courtesy of northside Save-On Foods Pharmacy  
**Monday, October 18 & Tuesday, October 19, 2021**  
9:00 am – 12:30 pm · Room C & D

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

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

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



**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

**BINGO**

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](mailto:bridget@bridgetmearns.ca)

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



**BUILDING TOGETHER**

## In-Home Supports and Volunteer Coordinator

Recently, my role at LSCO has changed. I am coordinating in home support services, at LSCO, as well as, coordinating our volunteers. Kari Martin supports my role by scheduling volunteers for Meals on Wheels, Winners Bingo and LSCO in house volunteers. Diane Legault supports my role by assisting with Meals on Wheels.

LSCO offers the following support programs: Meals on Wheels; subsidized housekeeping; lawn care and snow removal and Drive Happiness (providing rides for seniors by volunteers). Our Meals on Wheels program has been very important to seniors in the past 19 months. The number of people accessing the service has steadily increased. MOW volunteer delivery drivers are critical to



### In-Home-Supports & Volunteer Coordinator

**Shiloh Sabas**  
mow@lethseniors.com  
403-320-2222 ext. 34

providing meals to seniors. Our drivers have worked very hard to meet the demand; we simply need more volunteers. A commitment of a few days a month would be extremely helpful. Please consider this volunteer

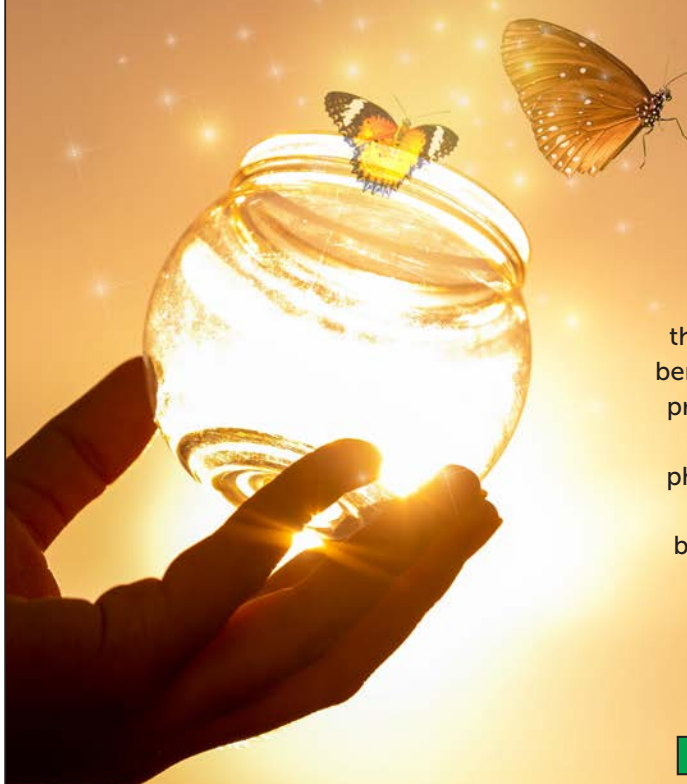
opportunity. Email: mow@lethseniors.com for more information.

A big thanks to all our volunteers that continue to give their time and energy, throughout these challenging times. Special thanks to Kari and Diane, for their years of dedication to LSCO.

### COVID UPDATE

1. All staff at LSCO are vaccinated.
2. All kitchen and in house LSCO volunteers require proof of vaccination to come into the building.
3. Proof of vaccination status will be added to all LSCO volunteer position applications beginning September 20, 2021. ★




## Virtual Relaxation



**Mondays, 1:30-2:30 pm**  
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.

"One doesn't have to operate with great malice to do great harm.  
The absence of empathy and understanding are sufficient."

~ Charles M. Blow, Journalist

## Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be at LSCO on **Wednesday, November 3rd and November 24th** 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.



### KEVIN OISHI COUNSELLING

Depression                      Anxiety  
Grief Counselling              Family Conflict  
Communication                  Coping Skills

For a free consultation call:  
**587-800-5288**

Or email to:  
koishicounselling@gmail.com

Finances: Blue Cross; sliding scale and low-income subsidy available



## 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.

**roost2roost**  
LIMITED

**Downsizing Dilemma?  
Need to move on?**

We can help....

Sorting • Organizing  
Packing • Arranging Movers • Unpacking  
Estate Home Clearouts/Sales

**Call Jody Johnson for your complimentary  
in-home consultation and free estimate.**  
Cell: 403-330-8389



New Owner/  
Operator

**J&L SHUTTLE SERVICE**

Check out our website  
[jandlshuttle.com](http://jandlshuttle.com)

**NEW SERVICE**  
Lethbridge  
to Calgary  
**DAILY**



**CALL 403-317-2077**

**We pickup/drop off  
at your door in Lethbridge.**

“A foolish consistency is the hobgoblin of little minds, adored by little statesmen and philosophers and divines.”

~ Ralph Waldo Emerson (1803 – 1882)

I used to like this quote, now I’m not sure. I’ve come to realize that I require some measure of consistency in my life. I’ve also realized that our organization requires a measure of consistency. Since the start of this pandemic consistent direction from our government leaders has been missing.

Your Board of Directors and management like to think LSCO is poised to take advantage of opportunities as they come along. However, to do that we need be sure our day-to-day operations are stable to provide service to the membership. It is very difficult to provide



## President’s Message

Keith Sumner

that stability with the changing health care restrictions.

So, whether we agree with the restrictions or not we’ve decided to follow them to the letter. Please bear with us as we work through these

times and please don’t take frustrations out on our staff or volunteers.

By the time you read this edition of the *LSCO Times* the Federal election will have been decided. The civic election will be fast approaching. Please take the time to learn about the candidates and their credentials. Ask yourself is what they are promising within the mandate of the city, will their previous experience enable them to provide good governance and do they have a vision for the City’s future or are they just critical of previous councils.

AND, in the meantime lets be consistent in our support for LSCO.

Namaste. ★

### How to return to social activities in confidence

With more of Canada fully vaccinated and provinces cautiously opening back up, many of us are eager to revisit the gym, restaurants and movie theatres. But even with the light at the end of the tunnel, the pandemic isn’t over – and the anxiety of returning to social activities can be daunting.

Here are three tips to keep in mind as we slowly reclaim our pre-pandemic lives.

- 1. Know and define your comfort zone.** After over a year of being heavily restricted, you may feel pressure to be a social butterfly and fill your calendar with events to make up for it. It’s okay to not rush in headfirst. Figure out what you’re comfortable with. Are you okay with going to eat out at restaurants,

but only on a patio? How about heading to a movie theatre, but only at certain times? Just because restrictions are being lifted doesn’t mean you have to abandon your comfort zone. Communicate your boundaries with friends and family, so they may be aware of where you draw the line.

- 2. Don’t bombard yourself with headlines.** It’s important to keep informed. After all, who hasn’t obsessively tracked new cases and vaccination rates at some point during the pandemic? But it’s also unhealthy to obsess over the news, and information fatigue is very real. For the sake of your mental health, step away from the headlines when you find yourself going down a COVID-19 rabbit hole.

- 3. Don’t be afraid to seek help if needed.** With everything constantly changing, it can be normal to experience stress, the indoor blues or feelings of loneliness. If you’re struggling, remember that there are resources available that can help.

For example, the *Wellness Together Canada* portal offers free, credible information and resources, available 24/7 to help address mental health and substance use issues. Here, you can access self-assessment tools or choose to connect with peer support, social workers, psychologists and other professionals via confidential text sessions or phone calls.

Support is just a call or click away. Find more information at [wellnesstogether.ca](http://wellnesstogether.ca).

[www.newscanada.com](http://www.newscanada.com)

# LSCO MENU ~ OCTOBER 2021

Breakfast served from 8:00 am ~ 1:00 pm • Lunch served from 11:00 am ~ 1:00 pm

**The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards**

Non-Members add 15% • Menu subject to change without notice

★ Sandwich & Salad Special Changes Daily ~ See Menu Board in Dining Room ★

Happy Thanksgiving ~ Give Thanks					Friday, October 1
<b>Monday, October 4</b>	<b>Tuesday, October 5</b>	<b>Wednesday, October 6</b>	<b>Thursday, October 7</b>	<b>Friday, October 8</b>	<b>Friday, October 1</b>
Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Pineapple Teriyaki Pork Bits Starch: Rice Soup: Chef’s Choice	Entree: Beef Stroganoff Starch: Pasta Soup: Chef’s Choice	Entree: Salsa Chicken Starch: Rice Soup: Chef’s Choice	Entree: Turkey & Stuffing Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Chicken Cacciatore Starch: Rice Soup: Chef’s Choice
<b>Monday, October 11</b>	<b>Tuesday, October 12</b>	<b>Wednesday, October 13</b>	<b>Thursday, October 14</b>	<b>Friday, October 15</b>	
<b>LSCO Closed for Thanksgiving</b>	Entree: Salisbury Steak Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Chicken Stew Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: Sweet & Sour Pork Starch: Rice Soup: Chef’s Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef’s Choice	
<b>Monday, October 18</b>	<b>Tuesday, October 19</b>	<b>Wednesday, October 20</b>	<b>Thursday, October 21</b>	<b>Friday, October 22</b>	
Entree: Spaghetti & Meatballs Starch: Chef’s Choice Soup: Chef’s Choice	Entree: Baked Ham Starch: Oven Roasted Potatoes Soup: Chef’s Choice	Entree: Pork Cutlet Starch: Polenta Soup: Chef’s Choice	Entree: Chili Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: Pineapple Curry Chicken Thighs Starch: Rice Soup: Chef’s Choice	
<b>Monday, October 25</b>	<b>Tuesday, October 26</b>	<b>Wednesday, October 27</b>	<b>Thursday, October 28</b>	<b>Friday, October 29</b>	
Entree: Turkey Cutlet Starch: Herb Potatoes Soup: Chef’s Choice	Entree: Cheese Burger Starch: Cheesy Pasta Soup: Chef’s Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Chicken Pot Pie Starch: Chef’s Choice Soup: Chef’s Choice	Entree: Stuffed Porkloin Starch: Mushroom Rice Casserole Soup: Chef’s Choice	

**MENU ITEMS AVAILABLE IN DINING ROOM**

Breakfast Special . . . . .	MEM \$6.50	NM \$7.50
Toasted Egg, Ham & Cheese Sandwich . . . . .	MEM \$5.75	NM \$6.50
Dinner Special . . . . .	MEM \$9.00	NM \$10.35
Sandwich Special . . . . .	MEM \$5.75	NM \$6.95

Toasted Denver Sandwich . . . . .	MEM \$5.75	NM \$6.50	Hamburger & Fries . . . . .	MEM \$7.00	NM \$8.00
Toasted BLT Sandwich . . . . .	MEM \$5.75	NM \$6.50	Cheeseburger . . . . .	MEM \$6.25	NM \$7.25
Hot Hamburger Sandwich . . . . .	MEM \$5.75	NM \$6.50	Cheeseburger & Fries . . . . .	MEM \$7.00	NM \$8.75
Soup (Large) . . . . .	MEM \$4.25	NM \$5.50	Chicken Fingers . . . . .	MEM \$7.00	NM \$8.25
Soup (Small) . . . . .	MEM \$3.25	NM \$4.00	Chicken Fingers & Fries . . . . .	MEM \$8.50	NM \$9.75
Hamburger . . . . .	MEM \$5.50	NM \$6.50	Homecut Fries . . . . .	MEM \$3.25	NM \$4.00

## 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. Instructor is Tracy Simons.

When: Mondays, November 1 – December 13  
 Time: 10:30 – 11:30 am  
 Fee: \$46 LSCO M; \$63 NM  
 Location: Gym 2  
 Register by: Friday, October 29

When: Wednesdays  
 November 3 – December 15  
 Time: 10:30 – 11:30 am  
 Fee: \$46 LSCO M; \$63 NM  
 Location: All Purpose Room  
 (downstairs)  
 Register by: Friday, October 29



## 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. Class will be held in Room A/B.

When: Mondays, October 18 – December 13  
 Time: 11:15 am – 12:15 pm  
 Fee: \$60 LSCO M; \$81 NM  
 Instructor: June Dow  
 Register by: Friday, October 15

## Gentle Exercise

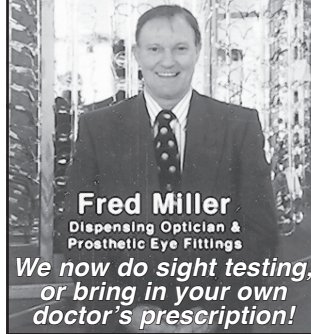
The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Chairs and a variety of exercise equipment will be used. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle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

When: Mondays, October 18 – December 13  
 Time: 10:15 – 11:00 am  
 Fee: \$45 LSCO M; \$77 NM  
 Instructor: June Dow  
 Register by: Friday, October 15

When: Wednesdays, November 3 – December 15  
 Time: 10:15 – 11:00 am  
 Fee: \$35 LSCO M; \$52 NM  
 Instructor: Donna Tiefenbach  
 Register by: Monday, November 1

When: Fridays, November 5 – December 10  
 Time: 10:15 – 11:00 am  
 Fee: \$30 LSCO M; \$60 NM  
 Instructor: Tracy Simons  
 Register by: Monday, November 1

## SOUTHERN OPTICAL LTD.



**ATTENTION SENIORS**  
 Did you know?  
 The Alberta Government  
 is once again offering  
 benefits on eye glasses!

Come down to  
**SOUTHERN OPTICAL**  
 for all the details.  
 1011 - 3rd Avenue South  
 (2 blocks north of LSCO)  
**403-327-4145**

Violet Jessop, a ship nurse, served on each of the three 'sisters' Titanic, Britannic, and Olympic. While she was on board, the Olympic collided with a warship and nearly sank; the Titanic hit an iceberg and sank, the Britannic hit an underwater mine and sank. Violet survived all three.

[weird-facts.org](http://weird-facts.org)

## 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](mailto:winners_bingo@telus.net)



**Martin Brothers**  
 Funeral Services  
a division of the Caring Group Corp.

## Serving

Southern Alberta Families

for over

**100**  
 YEARS



Dale Martin Jr.

Chris Martin Jong

Daryl Lockyer

Bruce Small

Brianne Kempe

Sandy Regier

People you know. Friends you trust.

**Martin Brothers Funeral Services** [www.mbfunerals.com](http://www.mbfunerals.com)

Toll Free: 1.800.382.2901 403.328.2361 610-4 Street South Lethbridge, AB

# 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



## FIT BALL AND 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: Tuesdays  
November 2 – December 14  
Time: 9:00 – 9:50 am  
Fee: \$46 LSCO M; \$63 NM  
Instructor: Tracy Simons/Shawn Hamilton  
Register by: Friday, October 29

When: Thursdays  
November 4 – December 16  
(no class November 11)  
Time: 9:00 – 9:50 am  
Fee: \$40 LSCO M; \$54 NM  
Instructor: Shawn Hamilton  
Register by: Friday, October 29



Ken Allen, an orangutan, became famous for escaping from his enclosure at the San Diego Zoo three times in 1985. He would peacefully stroll around the zoo looking at other animals and never acted aggressively. Other animals even followed his lead and began escaping, too. He was nicknamed "the Hairy Houdini." [weird-facts.org](http://weird-facts.org)

## 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.



**We provide individualized care for those who want to stay independent longer.**

*Personalized in-home care, because your needs are as unique as you.*

**Ph: 403-329-3930**

E-mail: [office@seamlesscares.ca](mailto:office@seamlesscares.ca)  
[www.seamlesscares.ca](http://www.seamlesscares.ca)



## LINE DANCING

You won't need a partner but feel free to bring along some friends. Guys and gals very welcome in either classes. Wear comfortable clothes and non-marking soled footwear.

### Beginner to Intermediate

Join others and learn some fun Line Dances led by Gloria-Rose Puurveen. This class is designed for those who haven't had as much experience dancing, but love to dance. Experienced dancers are welcome too! Dances will be broken down to give everyone the opportunity to master new sequences of steps. Come dance like no one is watching!! Location: Gym 2.

When: Wednesday, November 3 – December 15  
Time: 11:45 am – 12:45 pm  
Fees: \$21 LSCO M; \$49 NM

### Intermediate to Experienced

This class is intended for those with some line dance experience. Dances will be presented at a faster pace and with increasingly more intricate moves. Come dance like no one is watching!! This class is also led by Gloria-Rose Puurveen. Location: Stage Area.

When: Wednesday, November 3 – December 15  
Time: 1:00 – 2:00 pm  
Fees: \$21 LSCO M; \$49 NM

You are welcome to take both classes for a combined rate of \$35 LSCO M; \$80 NM.



# October, November, December Classes

**Participants must provide confirmation of vaccination, provide a negative rapid test or confirmation of medical exemption.**

## HOW DO I REGISTER?

- Online at [www.lethseniors.com](http://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](mailto: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.

## 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 ask at the Administration Desk.

Days Open: Monday – Friday

Hours: 8:00 am – 3:30 pm

Fee: \$20 LSCO M; \$35 NM

(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: Mondays

November 1 – December 13

Time: 10:30 – 11:30 am

Fee: \$46 LSCO M; \$63 NM

Instructor: Tracy Simons

Location: Gym 2

Register by: Friday, October 29

When: Wednesdays

November 3 – December 15

Time: 10:30 – 11:30 am

Fee: \$46 LSCO M; \$63 NM

Instructor: Tracy Simons

Location: All Purpose Room (downstairs)

Register by: Friday, October 29

### CYCLE COMBO

This group indoor cycling class is suitable for the beginner to intermediate 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: Wednesdays

November 3 – December 15

Time: 9:00 – 10:00 am

Fee: \$46 LSCO M; \$63 NM

Instructor: TBA

Register by: Monday, November 1

### 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. Tracy 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. Location: Gym 2.

When: Mondays, October 4 – November 29

Time: 12:10 – 12:50 am

Fee: \$16 LSCO M; \$32 NM

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

Instructor: Tracy Simons

Register by: Friday, October 29

### 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: Tuesdays

November 2 – December 14

Time: 9:00 – 9:50 am

Fee: \$46 LSCO M; \$63 NM

Instructor: Tracy Simons/Shawn Hamilton

Register by: Friday, October 29

When: Thursdays

November 4 – December 16

(no class November 11)

Time: 9:00 – 9:50 am

Fee: \$40 LSCO M; \$54 NM

Instructor: Shawn Hamilton

Register by: Friday, October 29

### 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.

When: Mondays

November 1 – December 13

Time: 9:00 – 10:00 am

Fee: \$46 LSCO M; \$63 NM

Instructor: Tracy Simons

Location: Gym 1

Register by: Friday, October 29

### 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

October 18 – December 13

Time: 10:15 – 11:00 am

Fee: \$45 LSCO M; \$77 NM

Instructor: June Dow

Register by: Friday, October 15

When: Wednesdays

November 3 – December 15

Time: 10:15 – 11:00 am

Fee: \$35 LSCO M; \$52 NM

Instructor: Donna Tiefenbach  
Register by: Monday, November 1

When: Fridays, November 5 – December 10  
Time: 10:15 – 11:00 am  
Fee: \$30 LSCO M; \$60 NM  
Instructor: Tracy Simons  
Register by: Monday, November 1

### LINE DANCING

You won't need a partner but feel free to bring along some friends. Guys and gals very welcome in either classes. Wear comfortable clothes and non-marking soled footwear.

#### Beginner to Intermediate

Join others and learn some fun Line Dances led by Gloria-Rose Puurveen. This class is designed for those who haven't had as much experience dancing, but love to dance. Experienced dancers are welcome too! Dances will be broken down to give everyone the opportunity to master new sequences of steps. Come dance like no one is watching!! Location: Gym 2.

When: Wednesday  
November 3 – December 15  
Time: 11:45 am – 12:45 pm  
Fees: \$21 LSCO M; \$49 NM

#### Intermediate to Experienced

This class is intended for those with some line dance experience. Dances will be presented at a faster pace and with increasingly more intricate moves. Come dance like no one is watching!! This class is also led by Gloria-Rose Puurveen.

When: Wednesday  
November 3 – December 15  
Time: 1:00 – 2:00 pm  
Fees: \$21 LSCO M; \$49 NM

You are welcome to take both classes for a combined rate of \$35 LSCO M; \$80 NMM

Location: Stage Area

### 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: Mondays  
November 1 – December 13  
Time: 8:00 – 8:50 am  
Fee: \$46 LSCO M; \$63 NM  
Instructor: Tracy Simons  
Location: Gym 2  
Register by: Friday, October 29

### Rise & Shine INSTRUCTORS 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: Wednesdays  
November 3 – December 15  
Time: 8:00 – 8:50 am  
Fee: \$46 LSCO M; \$63 NM  
Instructor: Deb Palmer  
Location: Gym 2  
Register by: Friday, October 29

### 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  
October 18 – December 13  
Time: 11:15 am – 12:15 pm  
Fee: \$60 LSCO M; \$81 NM  
Instructor: June Dow  
Location: Room A/B  
Register by: Friday, October 15

### 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: Tuesdays  
November 9 – December 14  
Time: 1:30 – 2:30 pm  
Fee: \$40 LSCO M; \$54 NM  
Instructor: Nancy Purkis  
Location: All Purpose Room (downstairs)  
Register by: Friday, October 29

### 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: Fridays, November 5 – December 17  
Time: 10:00 – 10:45 am  
Fee: \$47 LSCO M; \$64 NM  
Instructor: Sheila Mulgrew  
Location: Stage Area  
Register by: Wednesday, November 3

### POWER WALK

This medium to 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: Wednesdays  
November 3 – December 15  
Time: 9:00 – 10:00 am  
Fee: \$46 LSCO M; \$63 NM  
Instructor: TBA  
Location: Gym 1  
Register by: Monday, November 1

### 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: Tuesdays  
November 2 – December 14  
Time: 12:05 – 12:55 pm  
Fee: \$46 LSCO M; \$63 NM  
Instructor: Tracy Simons  
Location: Gym 2/Fitness Centre  
Register by: Friday, October 29

### 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: Tuesdays  
November 2 – December 14  
Time: 5:15 – 6:15 pm  
Fee: \$46 LSCO M; \$63 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: Fridays, October 1 – 29  
Time: 9:00 – 10:00 am  
Fee: \$33 LSCO M; \$45 NM  
Instructor: Tracy Simons  
Location: Gym 1  
Register by: Wednesday, September 29

### 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: Mondays  
November 1 – December 13  
Time: 10:45 am – 11:30 am  
Fee: \$47 LSCO M; \$55 NM  
Instructor: Sheila Mulgrew  
Location: All Purpose Room  
Register by: Friday, October 29

### 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  
Location: Gym 2  
Register by: Friday, October 1

## 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: Wednesdays  
November 3 – December 15  
Time: 10:00 – 10:45 am  
Fee: \$35 LSCO M; \$63 NM  
Location: Stage Area  
Register by: Monday, November 1

**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  
November 2 – December 14  
Time: 10:00 – 11:00 am  
Fee: \$46 LSCO M; \$63 NM  
Location: All Purpose Room (downstairs)  
Register by: Monday, November 1

When: Thursdays  
November 4 – December 16  
(no class November 11)

Time: 10:00 – 11:00 am  
Fee: \$40 LSCO M; \$54 NM  
Location: All Purpose Room (downstairs)  
Register by: Monday, November 1

**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. Room A/B.

When: Wednesdays  
November 3 – December 15  
Time: 8:30 – 9:30 am  
Fee: \$35 LSCO M; \$50 NM  
Register by: Monday, November 1

**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: Tuesdays & Thursdays  
October 26 – December 2  
(no class November 11)  
Time: 10:15 – 11:00 am  
Fee: \$55 LSCO M; \$99 NM  
Instructor: Dave Scotland  
Register by: Friday, October 22

**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 those with Tai Chi experience. We are not able to accommodate drop in participants or guests for this program. You must pre-register. Space is limited.

When: Tuesdays & Thursdays  
October 26 – December 2  
(no class November 11)  
Time: 11:15 am – 12:00 pm  
Fee: \$55 LSCO M; \$99 NM  
Instructor: Dave Scotland  
Register by: Friday, October 22

**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: Wednesdays  
November 3 – December 15  
Time: 10:15 – 11:15 am  
Fee: \$20 LSCO Members; \$40 NM  
Location: Gym 2  
Register by: Tuesday, November 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: Tuesdays  
November 2 – December 14  
Time: 5:00 – 6:00 pm  
Fee: \$46 LSCO M; \$63 NM  
Instructor: Donna Tiefenbach  
Register by: Friday, October 29

**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  
Location: Room A/B  
Register by: Thursday, October 14

**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 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 – 12:15 pm  
Fee: \$66 & LSCO membership  
Drop In Fee: \$3 LSCO; \$5 NM

**PICKLEBALL**

LSCO is presently offering gym space for members to enjoy the growing sport of pickleball. For information go to [www.lethseniors/programs/sports](http://www.lethseniors/programs/sports) and click on the link for the LSCO pickleball website.

**Creative Arts****DRAWING WITH COLOURED PENCIL**

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 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****SOCIAL MEDIA**

If you have some understanding of how to use your iPad, iPhone, Tablet, Computer, and are interested in learning what Social Media is and how to use it safely register for this class. Bring your devices charged.

When: Tuesdays & Thursdays  
October 26 – November 4  
Time: 1:00 – 3:00 pm  
Fee: \$40 LSCO M; \$66 NM  
Instructor: Rod Henriquez  
Register by: Friday, October 22

**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  
November 9 – 23  
(no class November 11)  
Time: 1:00 – 3:00 pm  
Fee: \$40 LSCO M; \$66 NM  
Instructor: Rod Henriquez  
Register by: Friday, November 5

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

**"The difference between try and triumph is a little 'umph'."**

# SERVICE CANADA Information Session

**Thursday, October 14, 2021  
9:00 am ~ Room A & B**

- Service Canada introduction
- Canada Pension Plan (CPP) Overview
- CPP Benefits – Retirement, Post-Retirement, Disability, and Survivor benefits
- CPP Provisions – Child-Rearing, Pension Sharing, and Credit Splitting
- Old Age Security (OAS) Overview
- OAS Benefits – OAS, Guaranteed Income Supplement, Allowance, and Allowance for the Survivor
- Reconsideration and Appeals
- Social Insurance Number and Fraud
- My Service Canada Account (MSCA)

Please register at the Administration Desk  
or by calling 403-320-2222.



500 - 11th Street South  
403-320-2222



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 club 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: Weekdays 9:00 to 11:00  
(or longer on request and with notice)  
Fee: Only \$28/12 months & LSCO membership

Halloween was confusing. All my life my parents said, "Never take candy from strangers." And then they dressed me up and said, "Go beg for it." I didn't know what to do. I'd knock on people's doors and go, "Trick or treat." ~ Rita Rudner

Before he passed away in 2009, Kim Peek could memorize an entire book in an hour. He read two pages at a time, scanning one with each eye. He remembered the contents of 12,000 books and was the inspiration for Dustin Hoffman's character in the film Rain Man. When they met, Hoffman said, "I may be the star, but you are the heavens." weird-facts.org

## DARCY LOGAN for Lethbridge City Council



My name is Darcy Logan and I am looking to serve my community on Lethbridge City Council. Let's work together in creating a successful, vibrant, and sustainable city we can all be proud of. We have world-class businesses, recreation, educational, & cultural opportunities. Together we can celebrate, nurture, and grow our resilient community.



L VE  
LETHBRIDGE

[www.LoganLovesLethbridge.ca](http://www.LoganLovesLethbridge.ca) October 18, 2021

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION  
**SCSP** Seniors Community Services Partnership

**HEATHER BURSAW** MSW RSW  
SENIORS SYSTEM NAVIGATOR  
TEAM LEAD

DROP IN HOURS  
WEDNESDAY 1:15 – 3:30 PM

**AMY LABOSSIÈRE** BA BSW RSW  
SENIORS SYSTEM NAVIGATOR

DROP IN HOURS  
FRIDAY 9:00 – 11:00 AM

**AVOID LATE FEES**

Check for registration deadlines as a late fee will be charged for some classes.

## Delicious leftover turkey ideas for weekday meals

If you value not wasting food and prefer your leftovers to become an entirely different meal, this tasty recipe is the perfect way to repurpose your Thanksgiving extras.

“Cooked turkey, stuffing and cranberries are baked into a stuffing-like base in these ‘buddies’ – a name I give to any savoury, portable item that is baked in a muffin tin,” explains chef Anna Olson. “This recipe has all the familiar tastes and textures of a holiday dinner and makes creative use of your leftovers.”

### Turkey and Stuffing Lunchbox “Buddies”

Prep time: 15 minutes

Cook time: 45 minutes Makes: 12

Ingredients:

- 4 cups diced 2-day-old multigrain bread, cut into ½-inch cubes
- 1 small onion, peeled and roughly chopped
- 1 medium celery stalk, roughly chopped
- 1 medium carrot, peeled and roughly chopped
- 1 garlic clove
- 1 tbsp olive oil

- 1 tsp poultry seasoning
- ½ cup dried cranberries
- 4 large eggs
- 1 tsp Dijon mustard
- ¾ tsp fine salt
- ¼ tsp ground black pepper
- 1 cup chicken stock
- 1 ½ cups cooked turkey, cut into ½-inch cubes
- 1 ½ cups grated Cheddar cheese

Directions:

1. Preheat oven to 350°F (180°C). Line a muffin tin with extra-large paper liners. If your bread feels soft (still fresh), spread cubes onto a baking tray and place in the preheated oven for about 10 minutes to dry them out. Cool bread before using.
2. Pulse onion, celery, carrot and garlic in a food processor until finely chopped, but not liquefied. Heat a sauté pan over medium heat and add oil. Add vegetables and cook until softened and any liquid evaporates, about 5 minutes. The gas cooktop on the LG ProBake Convection range is great

for this, as the quick heat and fine-tuned temperature controls ensure that the onions won't overbrown or stick, creating the flavour base for the “stuffing”. Stir in poultry seasoning and cranberries and stir 1 minute more. Set aside to cool.

3. Whisk eggs with mustard, salt and pepper in a large mixing bowl; then whisk in stock. Add bread cubes and toss well to coat. Let sit for 5 minutes, then stir in turkey, cheese and veggies, tossing well.
4. Spoon this mixture into a muffin tin and bake for about 45 minutes, until the top of a “buddy” springs back when pressed. The LG ProBake Convection range ensures that these “buddies” bake quickly and brown nicely on top, while cooking easily all the way through.
5. Let the “buddies” cool in the muffin tin for 5 minutes before removing. Once cooled, they can be refrigerated or frozen, and reheated or enjoyed at room temperature.

www.newscanada.com

## 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, color 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



## 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.

**November 2 – 23, 2021**  
**Tuesdays from 1:30 – 3:30 pm**

Location: TBD

\$45 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)

## Tai Chi Can Improve Insomnia

When it comes to improving insomnia, regular sessions of tai chi work just as well as conventional exercise, according to a recent study.

In the randomized clinical trial, 320 adults (aged 60 or over) with chronic insomnia were assigned either to a control group, continuing to receive their preexisting care, or to one of two 12-week treatment regimens delivered in one-hour, thrice-weekly sessions: a brisk walking-and-muscle-strengthening program or Yang-style 24-form tai chi training. By the 12-week mark, not only did both treatment groups see improvements on several measures of sleep duration and quality compared with the control group, and not only were these improvements similar in both groups, but the positive changes were still evident two years later.

Source: *JAMA Network Open*  
by Monica Landry  
September, 2021  
Goodtime.ca

## CYCLE COMBO



This group indoor cycling class is suitable for the beginner to intermediate 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: Wednesdays, Nov. 3 – Dec. 15  
Time: 9:00 – 10:00 am  
Fee: \$46 LSCO M; \$63 NM  
Register by: Monday, November 1

## 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: Mondays, November 1 - December 13  
Time: 9:00 - 10:00 am  
Fee: \$46 LSCO M; \$63 NM  
Instructor: Tracy Simons  
Register by: Friday, October 29

## Mix it up: 3 ways to beat exercise boredom

Doing just one kind of exercise is a bit like eating only one kind of food. It gets the job done, but it can also lead to boredom and imbalance.

This is especially true if you are living with arthritis, which requires a good mix of flexibility, strength and endurance to combat symptoms. Here, Trish Barbato, president and CEO of the Arthritis Society, shares how to mix it up.

- Flexibility** Stretching is Job One if you want to maintain or improve range of motion in your joints and cut down on stiffness. Yoga, tai chi and simple stretches like reaching your arms up and then reaching for your toes are all good choices.
- Strength** When you make your muscles stronger, you also make your joints more stable. Plus, your bones get stronger and become properly positioned. Using resistance bands or tubing, light weights or even soup cans are great ways to strength train. You can also do Pilates or exercise in water.
- Endurance** Aerobic exercise improves your endurance because it works your heart and lungs. The payoff? Decreased inflammation, as well as better mood, stamina, metabolism and energy. Walking, swimming, cycling and aquatic exercise are all excellent ways to build endurance.

Find more exercise tips at [arthritis.ca](http://arthritis.ca).

[www.newscanada.com](http://www.newscanada.com)

### OCTOBER 2021 HAPPENINGS

#### INDIGENOUS HISTORY

ADULTS & SENIORS | 11–12:30 pm | registration required | museum admission applies | free to annual pass holders

**Fri 01 | Blackfoot Protocols**

Rebecca Many Grey Horses gives an overview.

**Fri 15 | History and Impact of Canada's Indian Residential Schools**

A presentation by Rebecca Many Grey Horses.

#### 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 with admission

**Sat 02 | Blackfoot Dancing** with powwow dancer Chris "Nugget" Bull Bear.

**Sat 09 | Surrealist Self Portraits**

**Sat 16 | Word Art** with local artist and author Freyja Catton (he/him or they/them).

#### CREATIVE COMMUNITY

ADULTS | 1–2 pm | registration required | museum admission applies | free to annual pass holders

**Tue 05 | Beeswax Clay Modelling** with local artist Claire Reid.

**Tue 19 | Surrealist Self Portraits**

#### TOURS | ST. PATRICK'S CEMETERY

ADULTS & SENIORS | 7–8:15 pm | registration required | tickets \$6 | meet at the west end of 6 Avenue N | flashlight and good walking shoes are recommended

**Sat 16 | 23** Once known as both the Miners' Cemetery and the Pioneer Cemetery, St. Patrick's Cemetery is one of the oldest in our city. Walk with us as we explore its stories. Access to washroom facilities may be limited.

#### THE GALT PRESENTS...

ADULTS & SENIORS | 2–3 pm | registration required | museum admission applies | free to annual pass holders

**Wed 06 | Alberta's Italian History: A Lethbridge Take** Adriana Davies

presents her new book, *From Sojourners to Citizens: Alberta's Italian History*. [Presentation delivered on site with speaker attending via video conference].

**Wed 20 | The EV Revolution** With retired computer scientist, author, and President of the Lethbridge Folk Club Tom Moffatt, a public advocate for immediate and significant action on the climate crisis, and an enthusiastic adopter of renewable energy technologies

#### SPECIAL EVENTS

**Fri 01 | 6:30–8:30 pm**  
**Wine and Paint Night**

ADULTS & SENIORS | registration required | \$25 per person | all art supplies and instruction included | cash bar available

An evening of wine, painting and relaxation at the Galt with instruction by Smudge Art Studio Inc. no artistic experience or talent required!

**Sun 24 | 2–3 pm**  
**Children's Music Performance**

ALL AGES | snacks for children included | museum admission applies | free to annual pass holders | registration required

The Lethbridge Symphony's Musaeus String Quartet is at the Galt with a concert for children—the perfect introduction to classical music for the next generation.

**Sat 30 & Sun 31 | 10 am–4 pm**  
**Spooktober**

ALL AGES | registration required | fort admission applies | free to annual pass holders

Visit Fort Whoop-Up for a day of spooky crafts, live blacksmithing, games, candy and fun!

# Thank You!

The LSCO would like to extend a warm Thank-You to all who were able to come out and walk for the Grand Parade. Funds from this walk will help the LSCO and we wish to express gratitude to all those who donated. We would also like to thank *Marissa Black* and *Davey Wiggers* who are running in the upcoming municipal election for Lethbridge city council. They showed commitment to the local community, interest and care to our organization.



There is one recorded case of a fish colliding with a plane. In 1987, Alaska Airlines 737-200 took off from Juneau, AK, crossed paths with an eagle, which subsequently dropped its salmon onto the plane.

~ [weird-facts.org](http://weird-facts.org)

## Democracy can be a messy affair

As I write this, the Liberal Party has won another minority government, or exactly where they were when this unnecessary election as called. As usual the election came down to a few wedge issues, gun control, covid, and perhaps childcare. As usual, the metro regions of Toronto and Montreal tilted the election in favour of the Liberals. Toronto has 25 seats and Montreal has 18, a collective 42 seats. The two cities essentially rule the country. The interesting thing is that Toronto, unlike Alberta swings from Liberal to Conservative. The bottom line is that the party that wins in Canada must win Ontario and Quebec, the election is essentially over every year once the polls close there. No wonder Canadians outside of Quebec and Ontario feel alienated. It probably is a good thing that it is another minority government as the Liberals will be held in check and if they do have a scandal or two, then they might have to go back to the polls again. What I do know is that politicians have relatively short life spans and the next election will not see a repeat of this one.

I remember at one time that Justin Trudeau promised to revamp the election system, whereby the number of seats would be determined by the popular vote across the country. This system, while more equitable, would likely mean that no party would ever get a



### Legal Tips and Information

Douglas Alger

majority. Justin decided that while promising this reform, he knew that it would never work for the Liberals or the Conservatives for that matter.

Democracy can be a messy affair and good leaders are hard to come by. Think of how many great leaders we have had since the 1970's. I can think of only a few and this goes for south of the border. Certainly, for Albertans, we have been searching for the next Peter Lougheed for decades now. Jason Kenney doesn't even come close, and most would think he goes on the other list.

#### Legal Issues of the Day

Real Estate continues to be a going concern for most lawyers in Lethbridge, with Wills and Estate planning a close second. Covid has been

the driving force behind this surge in these areas of law. One of the beneficial changes in the law since Covid has been the ability to sign documents via computer video software, like Zoom. Thanks to this, clients do not necessarily have to come to our office to sign documents. While I still like to see clients in person, sometimes it is not practical to do so. If you have a situation where you feel uncomfortable coming into the office, we can certainly make room for you in cyber space. It is easier than you think.

One of the biggest concerns with Real Estate these days is the fact that lawyers are given very little lead time to complete transactions. Time crunches create more than their share of problems. So, if you have time for your real estate matter, make sure you give your lawyer the time to complete your transaction.

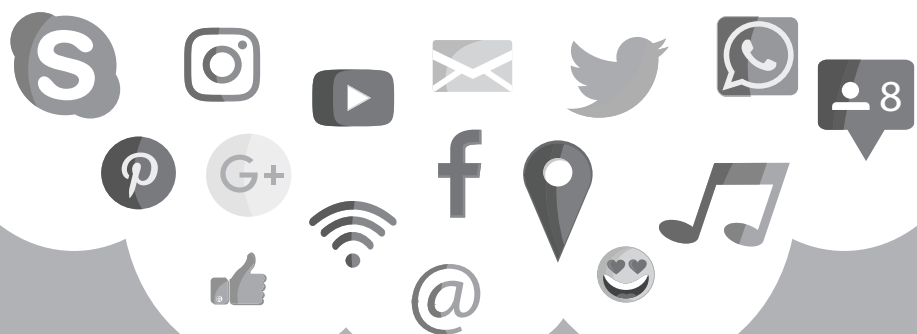
Take care of yourself, mentally and physically, during these trying times. My way of looking at Covid, is this is like World War III, except this time the enemy is not a country, but a virus that does not care what race you are or country you're from. This should surely unite us in a common struggle against this enemy that threatens every human on the planet. ★

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

### 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  
November 9 – 23 (no class Nov. 11)  
Time: 1:00 - 3:00 pm  
Fee: \$40 LSCO M; \$66 NM  
Instructor: Rod Henriquez  
Register by: Friday, November 5



### SOCIAL MEDIA

If you have some understanding of how to use your iPad, iPhone, Tablet, Computer, and are interested in learning what Social Media is and how to use it safely register for this class. Bring your devices charged.

When: Tuesdays & Thursdays  
October 26 - November 4  
Time: 1:00 - 3:00 pm  
Fee: \$40 LSCO M; \$66 NM  
Instructor: Rod Henriquez  
Register by: Friday, October 22

keep  
in touch

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

Are you a senior or know one who is lonely?  
Would you like someone to KEEP IN TOUCH?

The Keep In Touch Program connects community volunteers to seniors who are feeling alone or needing social support through a helpful phone call once a week.

For many of us, a call from a friend makes a big difference in how we feel. There is so much comfort knowing someone cares, and having a person to share laughter and memories with is so meaningful.

To make a referral, or for more information please  
contact our Seniors Coordinator, Connie-Marie;

587-220-8977 or

helpinghands@volunteerlethbridge.com



**EVERGREEN**  
**Cremation Services**  
*Because Cost Is An Option*

**Phone: 403-329-4934**  
www.evergreenfh.ca

A division of the Caring Group Corp.

*We Lessen the Expense  
~ Not the Care*

# Lethbridge HEARING CENTRE

Make an appointment at the front desk for your **FREE** Hearing Consultation at LSCO on the 2nd Thursday of every month.

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking



**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



## LTH TOURS

LIFE TIME HIGHS

lthtours.ca  
587-223-0203


### 2021 Tours

**Moose Jaw • October 21 – 24, 2021**  
**Christmas in October!**  
Each year in Moose Jaw the trees go up, the lights get strung and the magic of Christmas fills the air. The best part? It comes early!  
**Registration deadline October 8th**  
**\$455/double\* • \$390/triple/quad\* • \$700/single\***

**Camrose • November 7 – 9, 2021**  
Canada's Fiddler Champion (\$35 add'l)  
**\$320/double\* • \$395/single\***

\*GST included  
**LTH Tours is following Alberta's COVID-19 Restriction Exemption Program**  
Masks on the bus, sanitizing wipe-downs on bus touch points during the trip.  
We request clients present proof of vaccination or a current negative result COVID test (completed within 3 days of a tour departure).

Serving Calgary, Lethbridge, Medicine Hat and points in between.



## 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, November 2 – December 14  
**Time:** 10:00 – 11:00 am  
**Fee:** \$46 LSCO M; \$63 NM  
**Register by:** Monday, November 1  
**Location:** All Purpose Room (downstairs)

**When:** Thursdays, November 4 – December 16 (no class Nov. 11)  
**Time:** 10:00 – 11:00 am  
**Fee:** \$40 LSCO M; \$54 NM  
**Register by:** Monday, November 1  
**Location:** All Purpose Room (downstairs)

# - DOWNSIZING? -

**Downsizing to move? Clearing an estate?**  
**My team and I can help in the process.**

**I buy VINTAGE FURNITURE & HOUSEWARES from the 1950s +**

**For Fair prices, call: 587-893-0716**  
**Free estimates - Lethbridge & Surrounding areas.**

**- Don't Dump or Donate it -**  
**WE MAY BUY IT OR KNOW SOMEONE THAT WILL**

## Eat anything you want... anytime, anywhere...

with the help of implant supported dentures.

Call us today for your complete denture care needs




**Hosack DENTURE CLINIC LTD.**

Giving you something to smile about!

604 - 6 Street South • Lethbridge  
(403) 327-7244 • Toll Free 1-877-467-2251

## 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 - 12:15 pm

**Fee:** \$66 & LSCO membership

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





**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](http://agecare.ca/RetireColumbia)





## What is good?

During the month of September, Amy and I were able to use the training we received by facilitating our first Compass for the Caregivers support group. Each week we took time to review the material, pick out what we really wanted to highlight to the group and then bring the group together. We were trained for this group in December 2020, however after many delays and cancellations due to the pandemic, we successfully held our 1st in person group. And ... it was amazing. Even through the butterflies and nagging thoughts of doubt, we were honoured to explore caregiving at it rawest. Listening to each group member reminded about how exhausting, frustrating, overwhelming and yet truly beautiful each experience is caring for those we love.

An inspirational reading that crossed my path in preparation for Week 3 of group, focusing on Balancing Relationships really hit home for me. Especially now as we enter Wave 4, and we are exhausted and divided.



**LSCO Social Worker**  
**Heather Bursaw**  
 hbursaw@lethseniors.com  
 403-320-2222 ext. 57

*"It's so easy to look around and notice what is wrong. It takes practice to see what is right. Many of us have lived around negativity for years. We've become skilled at labelling what's wrong with other people, our life, our day, our relationships, our conduct, and our recovery. We want to be realistic; and our goal is to identify and accept reality. However, this is often not our intent.*

*We practice negativity. The purpose of negativity is usually annihilation.*

*Negative thinking empowers the problem. It takes us out of harmony; it sabotages and destroys. It has a powerful life of its own.*

*Positive energy also has a life of its own.*

*Each day, we can ask ourselves: What is right? What's good – about other people, our life, our work, our day, our relationships, ourselves, our conduct, and our recovery?"*

I bet I'm not the only one struggling to see what is good, or what is positive right now! My advice, before you get annihilated by the negativity, stop and ask yourself ... What is good?

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

If you need some practice pushing yourself to see what's right, let me know. I'd be happy to help ... we can practice together. Feel free to drop in during my walk-in hours Wednesday afternoons from 1:15-3:30 pm or e-mail me directly at hbursaw@lethseniors.com. ★

**"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."**

**- OPRAH WINFREY**

### 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: Wednesdays, November 3 – December 15  
 Time: 10:15 – 11:15 am  
 Fee: \$20 LSCO Members; \$40 NM  
 Register by: Tuesday, November 2  
 Location: Gym 2



## 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**



### LSCO 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 ask at the Administration Desk.

ensure you use the machines properly. Please ask at the Administration Desk.

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

# Computer Corner

by Sjoerd Schaafsma

## Google: Chrome, YouTube, and More

Last month I focused on Merlin, a piece of niche software which is not likely to be anything but niche software. I learned about it when I read an article about the latest update, in this case the update was the addition to the program of being able to recognize birds by sound. This is a common phenomenon; software apps just keep growing, like a simple knife becoming a multi-bladed folding knife, then a Swiss army knife or a Leatherman.

When I first heard of *Google* it was known primarily as a search engine. Look at it now; search engine, mail program, cloud storage, online Office suite, meeting app, YouTube, Chrome operating system and more than I care to list for fear of missing something. No longer does Google Mail display Google mail on startup, but Google Workspace, you get the idea. It runs on multiple platforms, both desktop and mobile.

Sometimes though there are excellent reasons for using a kitchen knife instead of a Leatherman, a scalpel instead of a Swiss army knife. *Google* is still my search engine of choice for the internet, but for finding files on my home PC I use a software program called *Everything* which I first mentioned here three years ago.

The advantages of this program are that it is Free, extremely fast, takes up few resources, and doesn't care much about where a file is stored on your computer.

From the *Everything* FAQ page: "Everything" is a search engine that locates files and folders by filename instantly for Windows.

Unlike Windows search "Everything" initially displays every file and folder on your computer (hence the name "Everything").


You type in a search filter to limit what files and folders are displayed.

It takes a little getting used to and as with many good tools; it helps to read the instructions. The FAQ page is a good place to start. Yes, it is extremely fast! I find it much more useful than the built in Windows search function.

Here are the links.

The faq page: <http://voidtools.com/faq> The download page: <https://voidtools.com/downloads/>

### Hints and Tips: Control YouTube Playback speed

In the browser move the mouse cursor over the video until the menu shows up at the bottom of the video screen. Click on the settings icon,  and click on playback speed.

In the YouTube app on iOS, tap on the ellipsis, the 3 vertical dots,  and choose playback speed.

In either version, if you have trouble making out the words you can also choose captions (iOS app) or subtitles (desktop).

### Computer Club and Lab Notes

LSCO is open. As of this writing date, Sept. 20, 2021, proof of vaccination is required. 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.

For the time being, no future workshops have been planned. Unless otherwise stated, workshops will be held on Wednesdays. If nothing has been posted, Mondays and Wednesdays will both be open help sessions.

The Computer Corner and *LSCO Times* can be read online at <http://lethseniors.com/about/lSCO-times-publications/>.

To subscribe to the computer club email list, or if you have questions about the Computer Club e-mail: [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com)

# 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: Tuesdays & Thursdays, October 26 – December 2 (no class November 11)

Time: 10:15 – 11:00 am

Fee: \$55 LSCO M; \$99 NM

Instructor: Dave Scotland

Register by: Friday, October 22



## 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 those with Tai Chi experience. We are not able to accommodate drop in participants or guests for this program. You must pre-register. Space is limited.

When: Tuesdays & Thursdays  
October 26 – December 2  
(no class November 11)

Time: 11:15 am – 12:00 pm

Fee: \$55 LSCO M; \$99 NM

Instructor: Dave Scotland

Register by: Friday, October 22



## CLASSIFIED ADS

**CERTIFIED ELECTRICIAN.** Semi-retired and Member of LSCO. Small Jobs for Reasonable Rates. Lights, Fans, Switches, Receptacles or general cleanup of unsafe wiring. Ph/Text Bill at 403.394.1958.

**FRESH PURE UNPASTEURIZED HONEY** for sale. Various sizes from 300 gram jars to 10 lb. pails. 100% natural Beeswax hand & body cream. Will deliver. Call 403-381-1653.

**FOR SALE: Immediate possession. CONDO UNIT GRANDVIEW VILLAGE Lethbridge: ONE OWNER – 55 & over,** bright & spacious southern exposure, 2 bedroom 2 bath with balcony on 4th floor. Appliances and some furnishings included. Amenities include exercise room, overnight guest lodging, large & bright spacious 4th floor library and meeting area, underground heated parking with storage facility. Very accessible (mostly within walking distance) city, retail and banking services, minutes to hospital via trail access. Secure location across from police station, 2 blocks from fire hall. Environment of community of neighbours who are responsible for the administration and care of the collective premises. Reduced \$209,000.00. To view call 403-328-1520.

**FOR RENT:** Duplex for rent in quiet friendly neighborhood located in North Lethbridge. Adjacent to a beautiful greenspace with lots of walking paths. 1316 16th Avenue North (across from the Golden Acres Seniors community). 2 bdrms, 1 bathroom, 5 appliances, full bsmnt with laundry and lots of storage space. Air conditioning, fenced yard, carport and driveway. Includes lawn care and deep snow removal. 1200/month. No smoking, No Pets. This location is a must see. Beautiful view, very clean, many upgrades! Available October 1st. Call 403-327-7394.

**PREARRANGING PROVIDES**  
*Peace of Mind*

*It's simple, it's easy and spares the family members from making emotional decisions that may not be consistent with your own wishes.*

And what many people don't know is that you need not prepay when you prearrange. At Cornerstone Funeral Home, we're pleased to record your wishes and hold them on file at no charge. Our flexible payment options available over 1, 3, 5, 10 or 15 year term, make it affordable for everyone.

**100% GUARANTEE**  
NO INCREASED COST services are applied in the future.

**CORNERSTONE FUNERAL HOME Ltd.**  
Honoured to Serve

**403-381-7777**  
[www.cornerstonefuneralhome.com](http://www.cornerstonefuneralhome.com)  
2825 - 32 STREET SOUTH  
LETHBRIDGE ALBERTA T1K 7B1

*In 1969, a drunk Richard Nixon ordered a nuclear strike on North Korea for shooting down a spy plane. Henry Kissinger, National Security Advisor for Nixon at the time, also got on the phone to the Joint Chiefs and got them to agree to stand down on that order until Nixon woke up sober the next morning.*

[weird-facts.org](http://weird-facts.org)

**Beltone™**  
Hearing Centre - Lethbridge  
**403-942-HEAR (4327)**  
Conveniently located in Centre Village Mall

Hearing aids to fit every budget and lifestyle

- Local family owned and operated business
- Complimentary Hearing Tests
- 45-day free trial of hearing aids
- AADL, WCB, NIHB, and Veterans Affairs
- Financing options
- Hearing aid clean, checks, and maintenance
- Ear protection: Custom molded ear defenders
- Cerumen Management

**LIFE IS CALLING! Let the Sakatch family at Beltone Hearing help you hear it!**

Find out more at [lethbridgebeltone.ca](http://lethbridgebeltone.ca)



**PROUD SUPPORTER OF OUR SENIOR COMMUNITY**

**HYGGEN**  
**FOR LETHBRIDGE MAYOR**

VOTE FOR MAYOR OCTOBER 18, 2021 [www.hyggen.ca](http://www.hyggen.ca)

**FOX DENTURE CLINIC**  
*Satisfaction Guaranteed Since 1922*  
4th Generation in Lethbridge  
Brett J. Fox DD  
Denture Specialist, 4th Generation

- Implant Supported Dentures
- Full & Partial Dentures
- Relines / Repairs
- Mouth Guards / Night Guards

**NEW LOCATION!** **Free Consultation**  
**403.327.6565**

VISA, Mastercard, Accessibility icons | 30 - 4012 4th Ave S Lethbridge, Alberta T1J 5M6

Member of the College of Alberta Denturists  
Member of the Denturist Association of Alberta [www.foxdentureclinic.ca](http://www.foxdentureclinic.ca)

**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. Location is Gym 2 with Tracy Simons instructing.

When: Mondays, October 4 - November 29  
Time: 12:10 - 12:50 am  
Fee: \$16 LSCO M; \$32 NM  
Drop In Fee: \$7 LSCO M; \$10 NM  
Register by: Friday, October 29

# THE SMITHS OF HOOD RIVER VALLEY

## Chapter 7 – The Family

*A Better World Starts at Home.*

~ Ikea ad

So on February 15th in the year 1910, Henry Franklin Smith and Grace Elizabeth Binns were married, just as Frank had predicted as a young man. I believe the ceremony took place at the Christian Valley Church, which was the family's church as long as I can remember. The newlyweds moved in with the widow Binns, (Grace's Mother) and family at the homestead on the hill. Since Jack Binns had died two years before it was good to have another man living on the place.

However, (and for whatever reason we don't know), the newlyweds did not stay there long. By the time their firstborn came in August of 1911 they were living down in the valley close to the church. The children came on an almost regular basis, until 1934, and the family totaled 9 children who lived to adulthood and had children of their own. Frank worked for the Apple Growers Association as a fruit inspector and worked for the AGA until he was 75 years old. Grace, my beautiful Grandma, worked just as hard (or harder) raising 9 children and, at times, cared for some of her grandchildren. The children all had their talents and I, being the oldest grandchild, had a relationship with each of my aunts and uncles. The family is, as follows:

Verna Caroline Smith – born 1911. Married Homer Jackson Hylton, had two daughters. Verna was very athletic in school, played baseball, participated in track. After graduation she moved to Seattle to become a practical nurse and worked at the White Salmon Hospital then The Sacred Heart Hospital in Medford, Oregon, until she retired.

Leroy Earl Smith – born December 5, 1912, died October 10, 1979. Married Grace Louise Brown July 16, 1935. They had one girl (me). When Roy was born Verna could not manage to say "Brother" but did come out with "Bubs". From that day forward Roy was always Bubs to the family, especially his Dad. Roy was also an AGA employee for many years even though he spent part of his youth in the hospital. At 14 years of age he was stricken with osteomyelitis



### The Widow's Walk

Kay Long, BSW, RSW

in his left femur bone. He was determined to live as normal a life as possible and a miracle happened when he was 32. Penicillin cured the infection in his leg. More about my father in the next chapter.

Margaret Bernice Smith – born 1916. Married Eldon Plank 1935. They had one girl and two boys. Eldon was a carpenter and a musician. Bernice was a wonderful cook, and a voracious reader, with a marvelous sense of humor. In their retirement years they travelled in their RV and spent time in Las Vegas visiting their daughter and Kinuso, Alberta. Uncle Eldon did a lot of special work on the log house we built.

Cleo Arlene Smith – born 1918, died 2014. Married Robert Cooper who was in the Navy. They had a boy and a girl. During their married life they lived in Guam, California and Oregon. Aunt Cleo was living in Phoenix, Arizona when she passed away. I remember her being so tiny (like Great-Grandma Cora).

Mary Frances Smith – born July 25, 1921, died December 31, 2020. Married Harold "Bud" Chambers February 10, 1944. They had one daughter. Aunt Frances was our family kin keeper and the heart of the family. She was in touch with all of us through the years. Her desserts were wonderful and a visit with her meant a fantastic meal and good fun. She almost made it to 100 but exited with Covid 19 at 99.

Henry Franklin Smith Junior. Married Betty Chambers (Bud Chambers sister). They had one girl and two boys. Uncle Frank was a giant by my standards. He was at least 6'2" but had problems with the circulation in his legs. Loved

to go fishing and camping with my folks and always had a good joke to tell. He was musical. Played the saxophone, the organ and could sing but couldn't read music.

Larry Richard Smith – born September 26, 1927, died July 23, 2000. Married Barbara Miette and they had three boys. Larry joined the Army Air Corp. and was a 20 year man. He was also a musician and spent several years in the service playing the bagpipes. He and his family lived in England, Washington D. C. and Klamath Falls, Oregon. As a child, he bullied me but when we were both adults we discovered that we could talk for hours and enjoyed many of the same things in our lives.

Elizabeth "Bette" Louise Smith – born August 15, 1929. Bette was delivered by her sister, Verna who was home alone with Grandma when the baby decided to arrive. Married Gerald Walters who was in the Navy. They had two girls and two boys. Aunt Bette created and ran Bette's Place, one of the most popular restaurants in Hood River. A visit to the restaurant was a gourmet's delight. She was a wonderful cook and her sister, Frances, baked many of the wonderful desserts on the menu.

Bobby Gene Smith – born May 28, 1934, died 2015. Married Joanne in Fresno, California. They had one girl and two boys. Bob was destined to be an athlete although he suffered with asthma most of his life. When he graduated from high school he could have gone on to play football at Oregon State or play baseball for the St. Louis Cardinals. He chose baseball. When their baby girl was just walking Joanne developed cancer and passed away. Bob then married Lila and they had a little girl. Uncle Bob played professional ball for many years in many cities in the United States. He retired from baseball and worked for the city of Tacoma, Washington, before retiring.

*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.

**PROUDLY SERVING THE CLIENTS OF KRUSHEL FARRINGTON**

The Paramount Building  
#260, 719 4th Avenue South  
Lethbridge, Alberta T1J 0P1  
403.380.6005

If you are a present or former client of Krushel Farrington Law Firm please contact Alger Zadeiks Shapiro LLP

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

**Kris' Computer Repairs and Sales**

All Makes & Models – Desktops & Laptops  
Computer & Software Upgrades  
Virus Removal

**I offer Remote Service Logins**  
Pickup service available at neutral pickup area until the pandemic subsides.

by appointment only in Lethbridge, AB Tel: 403.329.6091  
For more information ~ [www.kriscomputer.ca](http://www.kriscomputer.ca)

**PAULA'S PRISTINE CLEANING SERVICE**

Residential & Commercial  
We can do a little or a lot ~ whatever your needs.

Move in, move out.  
Windows inside & out too!

EXCELLENT SERVICE, REFERENCES AVAILABLE  
**CALL 403-331-8892**  
[paulaspristine@gmail.com](mailto:paulaspristine@gmail.com)

"No matter how slow you go, you are still lapping everybody on the couch."

**"The only one who can tell you 'you can't' is you, and you don't have to listen."**

Hearing Instruments Don't Make You Old, They Make You Smart.

**GET SMART. COME HEAR...**

**EXPERIENCE COUNTS!**  
59 YEARS of SERVICE to Southern Alberta

Michael B. Golia, BC-HIS, RHAP-Alberta  
Beth Golia - Office Manager

**trinity** HEARING INSTRUMENT SPECIALISTS INC.

[www.trinityhearinglethbridge.com](http://www.trinityhearinglethbridge.com)

403-327-3877 | Toll FREE: 1-888-327-7868  
#214-740-4 Ave. S. Professional Bldg.  
(Downtown, next door to Post Office)