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*Embrace the year  
with an open heart to  
attract more beautiful things.*

**2022**  
*Happy New Year*

### Join Us for

#### LEGAL CONSULTATION

Wednesday, January 12

#### FOOT CARE

Wednesday, January 12

#### HEARING SCREENING

Thursday, January 13

#### FREE NECK & SHOULDER MASSAGES

Tuesdays, January 25  
(See page 5 for details)

#### COMPASS FOR THE CAREGIVER

Tuesdays, February 1 – 22  
(See page 16 for details)

## LSCO FITNESS CENTRE

### FITNESS CENTRE HOURS

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

**Saturdays 9:00 am – 1:00 pm**

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 the staff or speak to Andrea or Tracy in the Fitness Centre. Memberships must be purchased prior to your orientation.

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

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



Executive Director

Rob Miyashiro  
rmiyashiro@lethseniors.com

Happy New Year!

At press time last month, I was just about to attend the LSCO production of “All is Calm: The Christmas Truce of 1914”. I can honestly report that this show was the best musical performance to be witnessed in Lethbridge since the last production in 2019. Performed a capella by an incredibly talented all-male cast, the story came to life with its messages of humanity and anti-war sentiments. “All is Calm” was

superbly directed by Fran Rude, with exacting musical direction by Ken Rogers and seamless stage management by Nancy Graham - the terrific trio that has partnered with LSCO for several unforgettable productions. We have a debt of gratitude for Fran, Ken, Nancy, the amazing cast and fabulous crew who have given so much to LSCO over the years: Thank you, thank you, thank you!

LSCO also needs to recognize the tremendous work of Ryan Miller and his Teamworks Career Centre/Select People Solutions Team for their tireless work on the 23 Days of Christmas initiative in support of LSCO Meals on Wheels. Ryan’s team recruited daily sponsors (Chefs and Sous Chefs) whose donations enable us to continue to provide meals at the lowest possible costs to those requiring the service. The target this year is \$30,000 and we are very appreciative and thankful to Ryan and his team, major sponsors Cuppers Coffee and Tea, Urban Grocer and Italian Table and all of the daily sponsors.

One more note of thanks to our volunteers and staff who contributed to our 37th Annual LSCO Community Christmas Day Turkey Dinner. Once again, we provided over 900 meals to the community – but due to COVID-19 precautions, all of the meals were delivered by volunteers and staff! Special thanks to our chef, Bonnie and her group for meal prep and packaging, to Shiloh for organizing volunteers (and to our awesome volunteers, of course), to Jodie for organizing the delivery routes and to Jodie and her crew for packing the delivery bags and to our meal sponsors whose donations help to defray costs for this event.

As 2020 and 2021 were very challenging for LSCO (and our community), it is likely that 2022 will bring additional operational challenges and that we will continue to deal with COVID as well. Let’s work together to overcome these challenges and above all, let’s be kind and supportive. ★

*A Christmas to Remember*

CARE THIS CHRISTMAS

A warm thank you to Jacquie and the team at AgeCare for all their hard work bringing together everything for A Christmas to Remember.

So many seniors were thrilled to receive gifts.

Tai Chi  
Sun Style 19 Form

Sun style Tai Chi is recommended by the Arthritis Society and combines Qi Gong and Tai Chi. Included with this course will be “5 minute Tai Chi to relieve stress and improve immunity”. Beginners are welcome. Wear comfortable cloths and clean footwear that are easy to move in. Please wear a mask in this class. **Please Note:** We are not able to accommodate drop in participants or guests for this program. You must pre-register. Space is limited.

When: Tuesdays & Thursdays  
January 4 – February 24

Time: 11:15 am – 12:00 pm

Fee: \$80 LSCO M; \$116 NM

Instructor: Dave Scotland

Register by: Friday, December 31

Location: Gym 2

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

Lethbridge HEARING CENTRE

CORNERSTONE FUNERAL HOME Ltd. Honoured to Serve

Hosack DENTURE CLINIC LTD.

London Road market

servus credit union

In recognition for the ongoing support of LSCO Meals on Wheels

teamworks career centre

SELECT PEOPLE SOLUTIONS

urban grocer

ITALIAN TABLE ESTD 2018

CUPPER'S COFFEE & TEA TASTE THE WORLD IN YOUR CUP

“I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You’re doing things you’ve never done before, and more importantly, you’re doing something.”

~ Neil Gaiman





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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  
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**

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Chef – Bonnie Jadeske..... ext. 27

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

Adult Day Program Supervisor – Sharon Appelt  
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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!*

Marlin Konynenbelt	Barbara Calder
Darlene Konynenbelt	Dorothy French
Richard Gullage	Bill French
Don Hutchison	Lana Vandesteeg
Lesley Bellefeuille	Monty Winters
Robert Laing (Jim)	John Burke
Robin Laing	Christine (Christie)
Boyd Folden	Richardson

*A Smile is the Universal Welcome*

*Breakfast*  
**SPECIAL**

8:00 AM - 1:00 PM WEEKDAYS

OPEN TO THE  
PUBLIC

**\$6.50**

NON-MEMBERS  
ADD 15%

## LSCO Monthly Support Services

DATE	TIME	LOCATION	BUSINESS	SERVICE
Wednesday January 12	10:00 am – 12:00 pm	Clinic Room or Library	AZ Lawyers	Free 15-minute Legal Consultation
Wednesday January 12	10:00 am – 12:00 pm	Room C/D	Dr. Bolokoski	Foot Care
Thursday January 13	10:00 am – 12:00 pm	Clinic Room	Lethbridge Hearing Centre	Hearing Screening
Tuesday January 25	10:00 am – 12:00 pm	Card Area	LC Massage Students	Free Neck & Shoulder Massage

## Therapy Balls Roll Workshop

Whether you feel knotted up or feel wrinkled in body, mind or spirit, have aches and pains because of overuse or underuse of muscles, there are many benefits of using therapy balls. Participants will be guided through 7 techniques to help you increase and maintain mobility, strength and flexibility. Bring a yoga mat, wear layered clothing eg: tight leggings, shorts, sleeve shirts (sweatshirts, sweat pants not recommended). Balls are supplied and will be available for purchase for those interested. Reference handout included.

When: Friday, January 21  
Time: 10:15 am – 12:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Margo Sutter  
Register by: Monday, January 17  
Location: Room A/B



## 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!



**LSCO Times**

**Publishing  
Schedule**

Issue	Deadline
February 2022.....	January 14
March 2022 .....	February 11

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



# Recycling ... why should we do it?

Here we go into another year ... I decided this year I am not going to mention the “p” word that we are all sick of hearing about, discussing and making decisions about. When I thought about what I want to get out of 2022 I decided in place of setting new years resolutions (that I typically break within at least 1 week of setting), I’m going to set my efforts on improving some areas that I try to do well in but am just sort of skimming the surface.

This month, it is going to be RECYCLING. Recycling is a hot topic ... some will recycle everything possible and others cling to the idea that recycling only ends up in the landfill regardless of one’s effort to do the right thing.

To help myself make a difference I wanted to understand what the benefits actually are to recycling ... why should we do it? Because let’s face it ... it’s a lot of work to do it properly. I did some research and learned:

- 1 – Recycling keeps the earth clean for future generations by extending the life of something that has already served its purpose by transforming it into something else useful ... I have kids so that makes sense to me!
- 2 – Recycling create less demand on finite



LSCO  
Social  
Worker

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

natural resources ... Although natural resources seem endless, over time the things that make the world beautiful (trees, water and minerals) will disappear.

- 3 – Recycling reduces the need to grow, harvest or extract natural resources from the earth, which disrupts it’s natural state ... This results in displacing animals and damaged ecosystems.
- 4 – Manufacturing recycled materials into new materials takes less energy ... lowering pollution ... I like this one!
- Understanding the bigger picture, combined with my commitment to “do better”, I have decided to implement the following:

1. *No plastic bags ... none.* Many stores offer cloth bags for a small fee, some shops are now providing paper bags, or better yet, I can bring my own.
2. *Ensure all recycled items are empty, clean and dry.* The tiniest dribble of food can contaminate an entire load of recyclable material ... Knowing that ... I’ll admit ... I’m just being lazy.
3. *Know my plastic codes 1-7 to ensure I am only tossing in the correct #.* I can slow down here, check the items, discard any portions that are not recyclable and then recycle what it. When in doubt ... check my local website for recycling details to be sure.
4. *Be mindful of how items are purchased – single use items are convenient!* With forethought ... I can do MUCH better here.
5. *Remain informed.* Although I think the industry can do MUCH better helping people do better, it is our responsibility to ensure we are doing out part. Review local regulations, talk to friends and set an example.
- Wish me luck! ★



LIVINGSTONE IS NEARLY SOLD OUT!  
Check out [parksideliving.ca](https://parksideliving.ca) to learn more about Parkside Place – a new community of bungalow condos coming soon to CoalDale

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Master Bedroom 11'-10" x 14'-0"

Bedroom 9'-2" x 10'-7"

Living 13'-10" x 13'-0"

Dining 11'-2" x 10'-0"

Kitchen 12'-0" x 14'-0"

Balcony 14'-0" x 6'-0"

W.C.

Laundry

Powder

Entry

Close

Close

Covered Porch 14'-0" x 6'-0"

LAST UNIT LEFT!

Contact Trisha  
for more information

trisha@newrock.ca  
403.331.1132  
livingstoneestates.ca

Sales Office  
location & hours

Northlander Bend  
WEST LETHBRIDGE  
Check out our virtual tours  
at [livingstoneestates.ca](https://livingstoneestates.ca)  
PROUDLY BUILT BY NEWROCK DEVELOPMENTS

Roll & Restore Yoga Class

Therapy Balls can be one of the fastest ways to transfer the high stress & tension within your body, to a feeling of renewal & recovery. Join Margo for a 90-minute class. Bring a yoga mat, wear layered clothing eg: tight leggings, shorts, sleeve shirts (sweatshirts, sweat pants not recommended).

When: Saturday, January 22  
Time: 9:30 – 11:00 am  
Fee: \$10 LSCO M; \$15 NM  
Instructor: Margo Sutter  
Register by: Monday, January 17  
Location: Room A/B

Yoga & A Chair

This gentle form of yoga can be done while sitting in a chair, or standing while using the chair for support. Participants will explore versions of twists, stretches, forward bends and more. The movements and poses can help maintain mobility, improve flexibility, concentration, strength, even boost your mood. Options will be given. If you have a yoga mat feel free to bring it as you may decide to sit/stand on it. Wear comfortable clothing.

When: Thursdays, January 13, 20, 27  
Time: 1:00 – 2:00 pm  
Fee: \$15 LSCO M; \$21 NM  
Register by: Tuesday, January 11  
Instructor: Shawn Hamilton

“Make New Year’s goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you’re interested in fully living life in the year to come.” ~ Melody Beattie



DRAWING WITH  
COLOURED PENCILS II

Back by popular demand, this six week class with coloured pencils will continue in the New Year. We will work with coloured pencils, introduce watercolor pencils and show you how the process of combining these two mediums together will create a more vibrant picture. Participants will learn a few more techniques and continue with the development of essential art elements to enable you to complete a finished piece. If you are a beginner you will be able to catch up quickly especially if you have coloured as a child or in the adult colouring books of recent. This art process takes a little longer to create but is very relaxing and fun to participate in. Ask for a supply list when you register.

When:       Thursdays  
              February 3 – March 10

Time:        1:00 – 3:00 pm

Fee:         \$50 LSCO M; \$70 NM

Instructor:  Donna Gallant

Register by: Thursday, January 27



KEVIN OISHI COUNSELLING

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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

The bad news is time flies. The good news is you're the pilot. ~ Michael Altshuler

FIT BALL AND MORE

Come have fun with us as we work to improve balance, coordination, strength, cardiovascular fitness and more. Fitballs, weights, tubing and other resistance equipment is used. Wear comfortable clothing, indoor footwear, bring a waterbottle. If you have a yoga/exercise mat please bring it as floor work may be included. All fitness levels welcome. Location: Gym 1.

When:        Tuesdays  
              January 4 – February 22

Time:        9:00 – 10:00 am

Fee:         \$54 LSCO M; \$72 NM

Instructor:  Shawn Hamilton/Tracy Simons

Register by: Fridays, January 7


When:        Thursdays  
              January 6 – February 24

Time:        9:00 – 10:00 am

Fee:         \$54 LSCO M; \$72 NM

Instructor:  Shawn Hamilton

Register by: Tuesday, January 4



SCSP

Seniors Community  
Services Partnership

The Seniors System Navigation Team is a dedicated team of professionals dedicated to improving the wellbeing of seniors by providing prevention and early intervention focused support.

**Seniors System Navigation Team Walk-in Hours**

**Mondays**  
LSCO: 9:00 -12:00

**Tuesdays**  
LSCO: 1:00-4:00

**Wednesdays**  
Nord-Bridge – Seniors Helping Seniors: 9:00-12:00  
Nord-Bridge: 1:00-4:00

**Thursdays**  
Nord-Bridge – Seniors Helping Seniors: 9:00-12:00

**Fridays**  
Nord-Bridge: 9:00-1:00  
LSCO: 9:00-12:00



Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be at LSCO on **Tuesday, January 25th** 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.



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. Space is limited-register early! Instructor: Nancy Purkis.


When:        Tuesdays  
              January 4 – February 22

Time:        1:30 – 2:30 pm

Fee:         \$54 LSCO M; \$76 NM

Register by: Friday, December 31

Location:    All Purpose Room (downstairs)



During the Chosin Reservoir battle of the Korean War, US Marines ran out of mortar ammunition. As a result, they utilized a radio to request additional ammunition. The troops, however, used code name for mortar shells, “Tootsie Rolls,” when making their request. To their surprise, when the airdrop arrived, it was filled not with ammunition but with actual Tootsie Rolls.

~ weird-facts.org

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*“It’s a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.”*

~ Germany Kent

I am writing this on December 15th while watching folks prepare for Christmas. Invariably someone will ask ‘so what do you want for Christmas’. When I am honest with myself there is very little that I need or want. I have food and shelter and good friends. So, I ask myself what am I grateful for?

- good health
- a loving relationship
- the fellowship of kind people



## President’s Message

Keith Sumner

- free will, freedom to express my thoughts and democratic governance
- the citizens that had the forethought to start LSCO.

I have heard it said gratitude should go forward rather than backward. Another way of saying that is pay it forward.

I am not big on New Years resolutions but what I can resolve to do is be kind in my dealing with others, share my time by volunteering, support organizations I believe in by making donations and most importantly tell those close to me that I appreciate them.

Perhaps my New Years resolution is to maintain a gratitude list. There will be some tough moments in 2022 but I won’t allow those moments to ruin entire days if I pull out my gratitude list and review it and adopt an attitude of gratitude.

I wish you peace of mind in this coming year.

Namaste ★

### Should you be concerned about your indoor air?

On average, people spend about 90 per cent of their time indoors. Indoor air can contain all kinds of particles, including dust, pet dander, and chemical pollutants and smoke entering from outside, or produced indoors by using incense, smoking or cooking. A portable air cleaner, more commonly referred to as an air purifier, is one way to help improve indoor air quality in your space.

Air purifiers work by removing very small particles in the air. Designed to clean a single room, air purifiers remove particles by pulling the air through a filter.

If you’re considering purchasing a unit, follow these tips for choosing the best one:

- Look for a unit tested by Consumer Reports or certified by the Association of Home Appliance Manufacturers (AHAM).

- Check the Clean Air Delivery Rate (CADR). As a general guideline, the smoke CADR should be equal at least two-thirds of the room’s area. If your room has higher than 8-foot ceilings, or if the outdoor conditions are extreme (from wildfire smoke, for example), consider a higher CADR.
- Consider an air purifier with a high-efficiency particulate air (HEPA) filter, which can trap smaller particles than a non-HEPA filter can. Some devices also include an activated carbon or other absorbent filter to remove gases such as volatile organic compounds.
- Follow manufacturer instructions for placement and operation to ensure good airflow. Generally, higher fan speeds and longer run times will increase the amount of air filtered.

- Consider selecting a unit with a lower noise rating.
  - Avoid air purifiers that produce ozone, such as electrostatic precipitators and ionizers, as ozone can impact your health. Air purifiers that use UV light or photocatalytic oxidation also produce ozone and are not effective at removing harmful particles from the air. If you choose an electronic air purifier, make sure it is tested and produces low levels of ozone. The California Air Regulatory Board lists units that have passed testing for ozone emissions.
- Don’t forget to clean or replace the filter as recommended by the manufacturer. Find more information on keeping a healthy home at [canada.ca/healthy-home](http://canada.ca/healthy-home).
- [www.newscanada.com](http://www.newscanada.com)

Happy  
NEW YEAR  
2022

LSCO MENU ~ JANUARY 2022

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  
NEW YEAR  
2022

Monday, January 3	Tuesday, January 4	Wednesday, January 5	Thursday, January 6	Friday, January 7
LSCO Closed in lieu of New Year’s Day	Entree: Pork Roast Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: Salisbury Steak Starch: Oven Roasted Potatoes Soup: Chef’s Choice	Entree: Chicken Enchilada Casserole Starch: Soup: Chef’s Choice	Entree: Meatloaf Starch: Mashed Potatoes Soup: Chef’s Choice
Monday, January 10	Tuesday, January 11	Wednesday, January 12	Thursday, January 13	Friday, January 14
Entree: Bangers & Mash Starch: Soup: Chef’s Choice	Entree: Chicken Cutlet Starch: Rice Soup: Chef’s Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Sweet & Sour Pork Starch: Rice Soup: Chef’s Choice	Entree: Ginger Beef Starch: Pasta Soup: Chef’s Choice
Monday, January 17	Tuesday, January 18	Wednesday, January 19	Thursday, January 20	Friday, January 21
Entree: Cabbage Roll Casserole Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: Cheese Burger Starch: Pasta Soup: Chef’s Choice	Entree: Asian Pork Strips Starch: Rice Soup: Chef’s Choice	Entree: Chili Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: Chicken Pot Pie Starch: Soup: Chef’s Choice
Monday, January 24	Tuesday, January 25	Wednesday, January 26	Thursday, January 27	Friday, January 28
Entree: Ham Starch: Scalloped Potatoes Soup: Chef’s Choice	Entree: Corned Beef & Cabbage Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: Terikayi Pinapple Chicken Starch: Pasta Soup: Chef’s Choice	Entree: Pepper Steak Strips Starch: Rice Soup: Chef’s Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef’s Choice
Monday, January 31	<div><div>2022</div><div>HAPPY CHINESE NEW YEAR</div></div>			
Entree: BBQ Meatballs Starch: Rice Soup: Chef’s Choice				

MENU ITEMS AVAILABLE IN DINING ROOM

Breakfast Special . . . . .	MEM \$6.50	NM \$7.50	Toasted Denver Sandwich . . . . .	MEM \$5.75	NM \$6.50	Hamburger & Fries . . . . .	MEM \$7.00	NM \$8.00
Toasted Egg, Ham & Cheese Sandwich . . . . .	MEM \$5.75	NM \$6.50	Toasted BLT Sandwich . . . . .	MEM \$5.75	NM \$6.50	Cheeseburger . . . . .	MEM \$6.25	NM \$7.25
Dinner Special . . . . .	MEM \$9.00	NM \$10.35	Hot Hamburger Sandwich . . . . .	MEM \$5.75	NM \$6.50	Cheeseburger & Fries . . . . .	MEM \$7.00	NM \$8.75
Sandwich Special . . . . .	MEM \$5.75	NM \$6.95	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



## 5 ways to connect with your grandkids

In this ever-changing world, we can sometimes feel like our grandchildren are speaking a different language. From new online trends and video games to slang words and fashion choices, we don't always know where they're coming from. To help you connect with them, check out these exciting ideas.

### 1. Bond over your family history

Use technology to help you bond with your grandkids in a meaningful way. These days there are many amazing genealogy companies that, after purchasing and sending off an easy nasal swab kit, can help you discover an ever-growing database of family history. Your grandkids can help you set up your own family trees online and you can work together to research fascinating family records.

### 2. Play an old-school game

Forget online games; sometimes life is better with a board game. From classics such as Monopoly and Scrabble, to newer ones that have gained popularity in recent years like Catan and Cluedo, there are tons of options. Your grandkids might even be interested in learning timeless card games such as gin rummy, euchre or hearts.

### 3. Pass on a skillset

Being so young, Gen Z can benefit from lifelong skillsets or hobbies that you can teach them. Think of all the skills that you have accumulated over the course of your life, such as cooking, sewing, knitting and barbecuing, and even more hobby-based talents like fishing, golfing or piano. Ask your grandkids what interests them so you can pass it on. Make regular plans to enjoy these hobbies together.

### 4. Make a family recipe book

Work with your grandkids to create a book of classic family recipes and beloved holiday traditions. This project presents a unique opportunity to work together and create something special on the computer that can be printed out and passed on for generations.

### 5. With their support, join the digital age

Think of all the possibilities you have to video chat with your grandkids, send pictures and articles back and forth, and even play games with them online if you boost your comfort with technology. If you're feeling a bit uncertain, look for online resources that can help you learn the basics.

For example, ABC Life Literacy Canada's Youth Teaching Adults program offers incredible free digital literacy resources for adults. Learn directly how to chat with your grandkids online, email, FaceTime, Zoom and much more on your computer, tablet or cell phone. Find more information at [youthteachingadults.ca](http://youthteachingadults.ca).

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

Alan Alda met his wife at a mutual friend's dinner party; when a rum cake accidentally fell onto the kitchen floor, they were the only two guests who did not hesitate to eat it. ~ weird-facts.org

## Self-Care Activity

Practicing self-care means taking the time to participate in activities that bring you enjoyment or a sense of calm and peacefulness. Activities can include things you do on a day-to-day basis or new activities. Self-care can promote positive mental health and well-being, keep us grounded and reduce the effects of stress in our lives.

Challenge yourself to complete as many self-care activities as you can. For each activity completed, fill in the talk bubble in that square.

<div>Cook a healthy meal</div> <div></div>	<div>Head out on a nature walk or hike</div> <div></div>	<div>Write a letter/email to an old friend</div> <div></div>	<div>Head to bed early</div> <div></div>	<div>Practice mindfulness</div> <div></div>
<div>Enjoy a quiet moment over a cup of tea or coffee</div> <div></div>	<div>Write a positive affirmation and recite it in the mirror</div> <div></div>	<div>Connect with your community</div> <div></div>	<div>Discover a new author or musician</div> <div></div>	<div>Stretch or practice yoga</div> <div></div>
<div>Discover a new podcast</div> <div></div>	<div>Talk to a loved one about your feelings</div> <div></div>	<div></div>	<div>Put on your dancing shoes</div> <div></div>	<div>Make a vision or mood board</div> <div></div>
<div>Paint or draw</div> <div></div>	<div>Set a goal</div> <div></div>	<div>Have a good laugh</div> <div></div>	<div>Write in a journal</div> <div></div>	<div>Create a gratitude list</div> <div></div>
<div>Do a crossword or jigsaw puzzle</div> <div></div>	<div>Take a warm bath or shower</div> <div></div>	<div>Practice deep breathing</div> <div></div>	<div>Make a to-do list</div> <div></div>	<div>Cuddle a pet or look at a cute photo of one online</div> <div></div>

When it comes to mental health, now more than ever, every action counts.

Join in to help create positive change.

Learn more at [bell.ca/letstalk](http://bell.ca/letstalk)



Bell Let's Talk Day is January 26, 2022!



### CYCLE COMBO

This group indoor cycling class is suitable for all levels of cyclers. New riders are very welcome. 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. If session is not full, dropins are welcome. Please ask.

When: Wednesdays  
January 12– February 23  
Time: 9:00 – 10:00 am  
Fee: \$46 LSCO M; \$63 NM  
Instructor: Tracy Simons/Nancy Purkis  
Register by: Monday, January 10

### 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. Location: Gym 2.

When: Mondays  
January 10 – February 28  
(no class February 21)  
Time: 10:30 – 11:30 am  
Fee: \$46 LSCO M; \$63 NM  
Register by: Friday, January 7  
Instructor: Tracy Simons







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

In Canada, there was a semi-professional women’s pillow fight league. Fighters hit each other with pillows hard enough to inflict cuts, scrapes, and bruises, but more severe injuries such as concussions, black eyes, split lips, lost teeth, torn muscles, and bruised kidneys have been known to occur. ~ weird-facts.org

In medieval times, fruit and vegetables were all cooked as they were thought to cause disease. One book from 1500 even warns: “Beware of green salads and raw fruits, for they will make your master sick.” ~ weird-facts.org


## 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:	Mondays January 10 – February 28 (no class February 21)
Time:	10:00 – 10:45 am
Fee:	\$35 LSCO M; \$63 NM
Register by:	Friday, January 7
Location:	Stage Area

When:	Wednesdays January 5 – February 23
Time:	10:00 – 10:45 am
Fee:	\$40 LSCO M; \$72 NM
Register by:	Friday, December 31
Location:	Stage Area



## Reigniting an Old Flame: Returning to School In Your Sixties

Have you ever caught yourself wanting to relive that excitement of enrolling in classes and stepping onto campus that first day to plunge into the depths of a subject you are passionate about? And then you come to your senses when you consider the realities of showing up as a senior to school. Will you be the only senior student on campus? Will you be able to keep up? Will you be able to get up to speed with the technology used? Would you be able to handle the stress of deadlines and exams now? All those uncertainties talk you out of pursuing what might be the greatest pleasure available to us all: life-long learning.

It needn’t be like that. I, for one, did not let those doubting voices deter me from rekindling that long-ago love affair with the ivory tower. I knew I could expect a few changes in the intervening years, but preliminary investigations suggested that apart from the online nature of everything now – from signing up for courses, campus wifi, student card, bus pass and bike locker – the time-honoured traditions of lecture and seminar, textbooks and exams, and students eagerly in line for September’s start, are still very much a part of the learning landscape. I dove in, but only so far as to make myself available as a rogue ‘unclassified’ student for four months. While I had lost my head to this love the first time, this time I was going to play it coy.

Pleased that I had survived the first challenges of re-enrolling at my alma mater (UBC) – online registration – trepidation set in as the first day of class grew near. I remember that January day well. It arrived in classic Vancouver style: cold, blustery, sheets of sideways rain. As I waited for the bus, I was keenly aware that the man huddled in the shop doorway behind me rearranging his fort of cardboard piled against the wind, was even colder than I. The mood on the bus was more convivial; people making room for those with strollers and walkers and shopping carts at the front of the bus, the bus driver calling out frequently to “mind your step,” or “hold on,” and passengers throwing “than you” to the bus driver as they left.

When the bus pulled up to the campus stop, I took my position amongst those patiently waiting to disembark, and then merged with the streams

of students striding towards their classes on the university’s main boulevard. By rehearsing my schedule the day before – locating the lecture halls and measuring fastest route between classes, with or without a bathroom break – I had taken precautions to minimize the chance that I would appear anything other than a perfectly capable twenty-year-old strolling through campus. The ruse seemed to be working.

The lecture hall for my first class – Islamic History – was couched in the pharmaceutical science building – vaulted ceilings with flared chrome buttresses, geodesic cubes doubling as entrances to lecture halls. I could just make out a young man at the front of the hall beneath the giant screen. He was dressed in a black turtleneck with corduroy blazer and jeans and was queuing up his computer, glancing frequently at his watch to time his ‘entrance’.

After a brief welcome, he rolled out the course syllabus and what would be expected of us in the next four months. As he unravelled the course, and described the places we’d go, the more unfamiliar the topography was, the more in love, all over again, I felt.

The scenario repeated itself in the other two classes: spacious halls with sound systems at senior-friendly levels, and young, keen and approachable professors spelling out the fantastic voyages ahead. Students beside me were silent, alternatively focused on the professor or their phone screens. The rustling of books and backpacks to signal “I need time to get to my next class” would begin before class officially ended. I could see that if there was going to be anything to make me conspicuous in this crowd, it was going to be my unschooled enthusiasm.

In addition to the edge-of-your-seat lectures, I was besotted with just about everything else about being back at school. For one, there was a beautiful sense of familiarity; the campus ‘village’ perched at the edge of the sea, a flurry of buildings and boulevards and ‘malls’ all exuding an air of importance or mystery. For another, it was the new zeitgeist that pervaded the city. Courtesy and kindness ruled the day, in interactions on the streets, in shops, on transit, and on the busy bike lanes and greenways.

On campus, student safety and inclusivity were now enshrined in university policy. Kiosks to access emergency services scattered across the campus? Academic dispensations for those students experiencing personal distress? A dazzling new world.

Yet, academic rigour at the university remained gloriously unchanged. The courses were challenging, and the roster of day-to-day expectations demanded the singular attention I was delighted to give. I loved that I got to be part of a coterie of inquisitive minds, to be lectured to each day, and inspired to explore the readings curated by the instructors. Overhearing students who had skipped classes to ski or were still drafting ideas for an assignment that was due tomorrow, I realized that, at my age, I had no time for complacency. Youth is not wasted on the old.

And to make sure that my new ability to adapt to any challenge passed muster, the universe threw in a world-changing event in the middle of my come-back year: a pandemic. The brisk daily routine of pedalling to campus was replaced by the more quotidian task of turning on the computer and welcoming our professors into the living room, their polished lectures interrupted by distracted wanderings to refill our coffee and check on the laundry. We somehow managed, summoning the discipline needed to finish final papers and exams. And remain hopeful we would be back in live lecture theatres in the fall.

In the end, pandemic aside, my brief flirtation with an old love did end as fate would have it; with a relationship reignited. And, judging by the presence of other senior academic explorers in my classes, I was not the only one exhilarated by this opportunity to continue learning and engaging meaningfully in this world. And I suspect that our gratitude for the privilege of revisiting a favourite pursuit (and, in some cases, with complementary tuition for those of us aged 65+!) and the preciousness of time to enjoy it, made the journey back all the more rewarding!

by J. Kathleen Thompson  
November 24, 2021  
[www.seniorlivingmag.com](http://www.seniorlivingmag.com)



# Classes & Programs

## LSCO MEMBERSHIPS

**SENIOR 12 Month Memberships** Individuals 55 years +

**Renewals & New Members:** \$50/12 months

**ADULT 12 Month Membership** Individuals 35 – 54 years +

**Renewals & New Members:** \$90/12 months

Please see page 13 for City of Lethbridge Fee Assistance Program information and LSCO Subsidy information.

## JANUARY – FEBRUARY PROGRAMS & CLASSES

### 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.

### DID YOU KNOW?

- Workout enthusiasts 18 – 35 years of age can attend classes and programs after 4:30 pm.
- LSCO has Change Rooms with Showers. Day Lockers available.

### IMPORTANT

- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$5 increase after this date.
- Ultimate Fitness Members are welcome to drop in to most classes offered.

It is recommended that you register at the desk for those popular classes. Please arrive at least 10 minutes prior to class start time.

- If you missed the deadline and are interested in participating, please put your name on the wait list.
- LSCO Members (LSCO M); Non Member (NM)
- **Please note:**
  - If the instructor is unavailable to teach due to illness or unforeseen circumstances we will do our best to contact you prior to your class.
  - When weather or 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 (Doctors note required) 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.
- LSCO has Change Rooms with Showers. Day Lockers available.

## Exercise & Fitness

### Important things to know:

- **Please do not come to class or the Fitness Centre 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 the staff or speak to Andrea or Tracy in the Fitness Centre. Memberships must be purchased prior to your orientation.

Days Open: Monday – Friday; 8:00 am – 3:30 pm  
Saturdays 9:00 am – 1:00 pm

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

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

### ABS & CORE

A strong core is essential to balance, posture and movement. This class will work on improving the overall strength of your abdominals, buttocks and

legs. During this challenging, fun class, you will be using your own body weight, bands, tubing and other exercise equipment. Followed by a stretch. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle.

When: Mondays, January 10 – February 28  
(no class February 21)  
Time: 10:30 – 11:30 am  
Fee: \$46 LSCO M; \$63 NM  
Register by: Friday, January 7  
Instructor: Tracy Simons  
Location: Gym 2

### CYCLE COMBO

This group indoor cycling class is suitable for all levels of cyclers. New riders are very welcome. 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. If session is not full, dropins are welcome. Please ask.

When: Wednesdays  
January 12– February 23  
Time: 9:00 – 10:00 am  
Fee: \$46 LSCO M; \$63 NM  
Instructor: Tracy Simons/Nancy Purkis  
Register by: Monday, January 10

### FITBALL & MORE

Come have fun with us as we work to improve balance, coordination, strength, cardiovascular fitness and more. Fitballs, weights, tubing and other resistance equipment is used. Wear comfortable clothing, indoor footwear, bring a waterbottle. If you have a yoga/exercise mat please bring it as floor work may be included. All fitness levels welcome.

When: Tuesdays  
January 4 – February 22  
Time: 9:00 – 10:00 am  
Fee: \$54 LSCO M; \$72 NM  
Instructor: Shawn Hamilton/Tracy Simons

Register by: Fridays, January 7  
Location: Gym 1

When: Thursdays, January 6 – February 24  
Time: 9:00 – 10:00 am  
Fee: \$54 LSCO M; \$72 NM  
Instructor: Shawn Hamilton  
Register by: Tuesday, January 4

### FULL BODY WORKOUT

Join us for a great Monday morning workout which will include cardiovascular, strength training, stretching and more. All fitness levels welcome. Wear comfortable clothes, indoor exercise shoes, yoga/exercise mat and bring a water bottle.

When: Mondays  
January 10 – February 28  
(no class February 21)  
Time: 9:00 – 10:00 am  
Fee: \$47 LSCO M; \$67 NM  
Instructor: Tracy Simons  
Register by: Friday, January 7  
Location: Gym 2

### 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  
January 10 – February 28  
(no class February 21)  
Time: 10:15 – 11:00 am  
Fee: \$35 LSCO M; \$49 NM  
Instructor: June Dow  
Register by: Friday, January 7



When: Wednesdays  
January 5 – February 23  
Time: 10:15 – 11:00 am  
Fee: \$40 LSCO M; \$56 NM  
Instructor: Donna Tiefenbach  
Register by: Monday, January 10

When: Fridays, January 14 – February 25  
Time: 10:15 – 11:00 am  
Fee: \$35 LSCO M; \$49 NM  
Instructor: Tracy Simons  
Register by: Wednesday, January 12

LINE DANCING  
Beginner to Intermediate

Join others and learn some fun Line Dances led by Gloria-Rose Puurveen. The first hour is designed for those who haven’t had as much experience but love to dance however, experienced dancers are welcome too!

When: Wednesdays  
January 5 – February 23  
Time: 11:40 am – 12:40 pm  
Fee: \$40 LSCO M; \$56 NM  
Instructor: Gloria-Rose Puurveen  
Register by: Tuesday, January 4  
Location: Gym 2

LINE DANCING  
Intermediate to Experienced

This class is intended for those with some line dance experience. Less time will be spent on reviewing and more dancing will occur. Come dance like no one is watching!! Space is limited, register early.

When: Wednesdays  
January 5 – February 23  
Time: 1:00 – 2:00 pm  
Fees: \$40 LSCO M; \$56 NM  
Instructor: Gloria-Rose Puurveen  
Register by: Tuesday, January 4  
Location: All Purpose Room

MIXED MOVEMENT MEDICINE

Mixed Movement Medicine is a blend of dance & movement to music that creates a playful practice of moving that is suitable to any level of fitness. Mixed Movement Medicine invites inspiration, exploration, ease and flow. Class ends with a variety of yoga stretches. Please wear comfortable clothing, and bring a yoga mat (optional) and water! Dance experience is not required as this class is for anyone who wants to move to music at their level.

When: Thursdays, January 27 – March 31  
Time: 5:15 – 6:15 pm  
Fee: \$80 LSCO M: \$95 NM  
Instructors: Michelle Dimnik, Michie Moline, Val Kunimoto and other special guests  
Location: Gym 2

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/ exercise mat. Intermediate to advanced fitness level.

When: Mondays, January 10 – February 28 (no class February 21)  
Time: 8:00 – 8:50 am  
Fee: \$46 LSCO M; \$63 NM  
Instructor: Tracy Simons  
Register by: Friday, January 7  
Location: Gym 2

INSTRUCTOR’S CHOICE

The instructor will lead you through a number of different moves and exercises to ensure you get that great workout you are looking for! Wear comfortable workout clothes, indoor sneakers. Bring a water bottle, yoga or exercise mat. **Intermediate to advanced fitness level.** Location: Gym 2.

When: Wednesdays  
January 12 – February 23  
Time: 8:00 – 8:50 am  
Fee: \$46 LSCO M; \$63 NM  
Instructor: Deb Palmer  
Register by: Monday, January 10

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, January 10 – February 28 (no class February 21)  
Time: 11:15 am – 12:15 pm  
Fee: \$47 LSCO M; \$67 NM  
Instructor: June Dow  
Register by: Friday, January 7  
Location: Room A/B

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. Space is limited-register early!

When: Tuesdays, January 4 – February 22  
Time: 1:30 – 2:30 pm  
Fee: \$54 LSCO M; \$76 NM  
Instructor: Nancy Purkis  
Register by: Friday, December 31  
Location: All Purpose Room (downstairs)

POUND FITNESS (mornings)

This energizing seated and/or standing workout combines cardio, conditioning, and strength training. Drumming with Pound Ripstix® (drum sticks) works the shoulders, biceps, triceps, forearms and back. You may increase your rhythm, timing, coordination, speed, agility, and endurance. Dropins welcome if the class is not full. Space is limited-register early!

When: Fridays, January 7 – February 25  
Time: 10:00 – 10:45 am  
Fee: \$54 LSCO M; \$76 NM  
Instructor: Sheila Mulgrew  
Register by: Wednesday, January 5  
Location: Stage Area

POWER WALK

Prepare to sweat! This intermediate 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, indoor footwear and bring a water bottle. Modifications will be given.

When: Wednesdays  
January 5 – February 23  
Time: 9:00 – 10:00 am  
Fee: \$54 LSCO M; \$72 NM  
Instructor: Tracy Simons/Nancy Purkis  
Register by: Tuesday, January 4  
Location: Gym 1

SENIOR STRENGTH

A group strength training class designed for the 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. The machines in the Fitness Centre will also be used. Wear comfortable exercise cloths and indoor footwear. Space is limited-register early.

Location: Fitness Centre.  
When: Tuesdays, January 11 – February 15  
Time: 12:05 – 12:55 pm  
Fee: \$40 LSCO M; \$56 NM  
Instructor: Tracy Simons  
Register by: Friday, January 7

When: Saturdays, January 15 – February 19  
Time: 12:00 – 1:00 pm  
Fee: \$40 LSCO M; \$56 NM  
Instructor: Andrea Clarke  
Register by: Wednesday, January 12

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 as muscle isolation intervals. You’ll be so glad you came! Individuals 18 years of age and up welcome. Please register prior to start date to ensure class will be held.

When: Tuesdays, January 4 – February 22  
Time: 5:15 – 6:15 pm  
Fee: \$54 LSCO M; \$72 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). Wear comfortable exercise clothes, indoor shoes and bring your water bottle. **Intermediate to advanced fitness level.** Location: Gym 1.

When: Mondays, January 10 – February 28 (no class February 21)  
Time: 9:00 – 10:00 am  
Fee: \$46 LSCO M; \$54 NM  
Instructor: Erich Dyck  
Register by: Friday, January 7

When: Fridays, January 14 – February 25  
Time: 9:00 – 10:00 am  
Fee: \$47 LSCO M; \$67 NM  
Instructor: Tracy Simons  
Register by: Wednesday, January 12

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, January 10 – February 28 (no class February 21)  
Time: 11:00 – 11:45 am  
Fee: \$47 LSCO M; \$67 NM  
Instructor: Sheila Mulgrew  
Register by: Friday, January 7  
Location: All Purpose Room

30/30 ZUMBA GOLD/  
ZUMBA GOLD TONING

This class combines the best of both Zumba Gold (dance fitness without weights) for 1/2 of the class and Zumba Gold Toning, the other 1/2 of the class (using the hand held toning sticks to focus on muscle toning and conditioning, to help increase your strength and bone density). Truly exercise in disguise!! Wear comfortable clothes, footwear and bring a water bottle.

When: Thursdays, January 6 – February 24  
Time: 11:15 am – 12:00 pm  
Fee: \$54 LSCO M; \$72 NM



Instructor: Sheila Mulgrew  
Register by: Tuesday, January 4  
Location: All Purpose Room

## Tai Chi, QiGong, Yoga

### Important things to know:

- **Please do not come to class or the Fitness Centre 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.

### 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: “5 minute Tai Chi to relieve stress and improve immunity”, eight brocades, basic health exercises and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations. Wear comfortable cloths and clean footwear that are easy to move in. Please wear a mask in this class. Please Note: We are not able to accommodate drop in participants or guests for this program. Space is limited. Location: Gym 2.

When: Tuesdays & Thursdays  
January 4 – February 24  
Time: 10:15 – 11:00 am  
Fee: \$80 LSCO M; \$116 NM  
Instructor: Dave Scotland  
Register by: Friday, December 31

### TAI CHI SUN STYLE 19 FORM

Sun style Tai Chi Is recommended by the Arthritis Society and combines Qi Gong and Tai Chi. Included with this course will be “5 minute Tai Chi to relieve stress and improve immunity”. Beginners are welcome. Wear comfortable cloths and clean footwear that are easy to move in. Please wear a mask in this class. Please Note: We are not able to accommodate drop in participants or guests for this program. You must pre-register. Space is limited.

When: Tuesdays & Thursdays  
January 4 – February 24  
Time: 11:15 am – 12:00 pm  
Fee: \$80 LSCO M; \$116 NM  
Instructor: Dave Scotland  
Register by: Friday, December 31  
Location: Gym 2

### TAI CHI 108 Form Practice

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

When: Wednesdays  
January 5 – February 23  
Time: 10:15 – 11:15 am  
Fee: \$24 LSCO Members; \$46 NM  
Register by: Tuesday, January 4

### 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: Mondays, January 10 – February 28  
(no class February 21)  
Time: 10:00 – 10:45 am  
Fee: \$35 LSCO M; \$63 NM  
Register by: Friday, January 7  
Location: Stage Area

When: Wednesdays  
January 5 – February 23  
Time: 10:00 – 10:45 am  
Fee: \$40 LSCO M; \$72 NM  
Register by: Friday, December 31  
Location: Stage Area

### YOGA & A CHAIR

This gentle form of yoga can be done while sitting in a chair, or standing while using the chair for support. Participants will explore versions of twists, stretches, forward bends and more. The movements and poses can help maintain mobility, improve flexibility, concentration, strength, even boost your mood. Options will be given. If you have a yoga mat feel free to bring it as you may decide to sit/stand on it. Wear comfortable clothing.

When: Thursdays, January 13, 20, 27  
Time: 1:00 – 2:00 pm  
Fee: \$15 LSCO M; \$21 NM  
Register by: Tuesday, January 11  
Instructor: Shawn Hamilton  
Location: Room A/B

### 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: Thursdays, January 6 – February 24  
Time: 11:15 am – 12:15 pm  
Fee: \$53 LSCO M; \$72 NM  
Register by: Tuesday, January 4  
Location: Room A/B

### MEN’S YOGA

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

When: Wednesdays  
January 12 – February 23  
Time: 8:30 – 9:30 am  
Fee: \$46 LSCO M; \$54 NM  
Register by: Monday, January 10  
Location: Room A/B

### YIN/DAOIST YANG YOGA

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

When: Mondays, January 10 – February 28  
(no class February 21)  
Time: 8:45 – 10:15 am  
Fee: \$70 LSCO M; \$84 NM

Register by: Thursday, January 6  
Instructor: Karen Toohey  
Location: Room A/B

### MORNING YOGA

Wake up your body and mind by participating in this slower paced flow class. We will sit, stand, balance, flow up and down from the mat, use a variety of props and relax. Wear comfortable clothes, dress in layers, bring your mat and water bottle. Space is limited. Location: Room A/B.

When: Tuesdays, January 11 – February 22  
Time: 10:15 – 11:15 am  
Fee: \$54 LSCO M; \$72 NM  
Instructor: Shawn Hamilton  
Register by: Monday, January 10

### FLOW YOGA Evening

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, January 4 – February 22  
Time: 5:00 – 6:00 pm  
Fee: \$54 LSCO M; \$72 NM  
Instructor: Donna Tiefenbach  
Location: Room A/B

### YOGA FRIDAY

Individuals participating in this active Vinyasa style class will move with the breath through a series of poses improving balance, strength, and flexibility. A portion of the class will be spent on the mat however; we will flow up and down from the mat during the class. Recommended for students that have yoga experience. Bring a yoga mat & water bottle.

When: Fridays, January 7 – February 25  
Time: 9:00 – 10:05 am  
Fee: \$54 LSCO M; \$72 NM  
Instructor: Shawn Hamilton  
Register by: Tuesday, January 4  
Location: All Purpose Room (downstairs)

### ROLL & RESTORE YOGA CLASS

Therapy Balls can be one of the fastest ways to transfer the high stress & tension within your body, to a feeling of renewal & recovery. Join Margo for a 90-minute class. Bring a yoga mat, wear layered clothing ex: tight leggings, shorts, sleeve shirts (sweatshirts, sweat pants not recommended).

When: Saturday, January 22  
Time: 9:30 – 11:00 am  
Fee: \$10 LSCO M; \$15 NM  
Instructor: Margo Sutter  
Register by: Monday, January 17  
Location: Room A/B

### THERAPY BALLS ROLL WORKSHOP

Whether you feel knotted up or feel wrinkled in body, mind or spirit, have aches and pains because of overuse or underuse of muscles, there are many benefits of using therapy balls. Participants will be guided through 7 techniques to help you increase and maintain mobility, strength and flexibility. Bring a yoga mat, wear layered clothing ex: tight leggings, shorts, sleeve shirts (sweatshirts, sweat pants not recommended). Balls are supplied and will be available for purchase for those interested. Reference handout included

When: Friday, January 21  
Time: 10:15 am – 12:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Margo Sutter  
Register by: Monday, January 17  
Location: Room A/B



## Sports

### Important things to know:

- **Please do not come to play 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 by those that may be sensitive.**
- Please do not arrive more than 10 minutes prior to the start of your time.
- Only registered participants allowed in the gym at their scheduled times.
- At the end of your scheduled time please gather your belongings and exit so that the gym can be cleaned for the next program.

### BADMINTON

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

When: Mondays Wednesdays, Fridays,  
11:15 am – 12:45 pm  
When: Thursdays, 10:15 – 12:00 pm  
Fee: \$66 & LSCO membership  
Drop In Fee: \$3 LSCO; \$5 NM

### TABLE TENNIS

Not only is table tennis a fun social activity, it is a great game for eye hand coordination and individuals of all skill levels. This is not a lesson. Bring your own paddle and balls. Location has changed to Room C/D (room on the way to the swimming pool) however; one table is downstairs and can be used if needed.

When: Mondays & Wednesdays,  
2:30 – 4:00 pm  
Fridays, 10:30 am – 12:00 pm  
Fee: LSCO Members pay \$44/12 months  
Drop in Fee: \$3 LSCO M; \$5 NM

### PICKLEBALL

LSCO has a high number of individuals playing pickleball. Please leave your name and number if you would like information or visit [www.lethseniors.com](http://www.lethseniors.com) go to Membership and Program tab and scroll to Sports. Click on pickleball@lSCO.

## Creative Arts

### DRAWIING WITH COLOURED PENCILS II

Back by popular demand, this six week class with coloured pencils will continue in the New Year. We will work with coloured pencils, introduce watercolour pencils and show you how the process of combining these two mediums together will create a more vibrant picture. Participants will learn a few more techniques and continue with the development of essential art elements to enable to you to complete a finished piece. If you are a beginner you will be able to catch up quickly especially if you have coloured as a child or in the adult colouring books of recent. This art process takes a little longer to create but is very relaxing and fun to participate in. Ask for a supply list when you register.

When: Thursdays, February 3 – March 10  
Time: 1:00 – 3:00 pm  
Fee: \$50 LSCO M: \$70 NM  
Instructor: Donna Gallant  
Register by: Thursday, January 27

### ABSTRACTION FOR BEGINNERS

This class will give you a chance to understand what abstract art is all about. We will uncover some creosol aspects in creating abstraction including some history, the 6 key principles and elements of design, and the how to's. So if you want to be challenged and have a new way of approaching your art making, this class will do just that. I guarantee it will be fun and an eye opener.

No experience necessary as long as you can pick up a brush or pencil and make a mark. Ask for a list of supplies when registering.

When: Wednesday, February 2 – March 9  
Time: 10:00 am – 12:00 pm  
Fee: \$50 LSCO Member: \$70 NM  
Instructor: Donna Gallant  
Register by: Wednesday, January 26

## Technology

### INTRODUCTION TO YOUR IPAD

**If you have a Tablet this class is not for you.**

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

When: Tuesdays & Thursdays  
January 18 – 27  
Time: 1:00 – 3:00 pm  
Fee: \$60 LSCO M; \$100 NM  
Instructor: Rod Henriquez  
Register by: Friday, January 14

### 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: Mondays & Wednesdays  
January 17 – 26  
Time: 10:00 am – 12:00 pm  
Fee: \$50 LSCO M; \$70 NM  
Instructor: Rod Henriquez  
Register by: Friday, January 14

When: Tuesdays & Thursdays  
February 1 – 10  
Time: 1:00 – 3:00 pm  
Fee: \$50 LSCO M; \$70 NM  
Instructor: Rod Henriquez  
Register by: Friday, January 28

### 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  
February 15 – 24  
Time: 1:00 – 3:00 pm  
Fee: \$50 LSCO M; \$70 NM  
Instructor: Rod Henriquez  
Register by: Friday, February 18

### ANDROID SMART PHONES & TABLETS

Are you in need of basic information in order to operate your Android Smart Phone or Tablet more efficiently? If so register for this 2-day course. If you have an APPLE product this course is NOT for you. Bring your items fully charged along with any questions you may have.

When: Monday & Wednesday  
February 7 & 9  
Time: 10:00 am – 12:00 pm  
Fee: \$30 LSCO M: \$40 NM  
Instructor: Rod Henriquez  
Register by: Friday, February 4

## Special Interest

### COMPUTER CLUB

Individuals interested in attending free workshops, volunteering and more are encouraged to join. A variety of workshops are offered throughout the year. The Computer Lab is available for club members 2 afternoons. Note: At times the lab may be used for classes. Notices will be posted.

When: Mondays & Wednesdays  
Time: 1:00 – 4:00 pm  
Fee: \$20/year & LSCO Membership  
Register by: Ongoing

### KARAOKE

LSCO Karaoke singers meet weekly in the Board Room. If you are interested in seeing what they are all about and maybe even sing a song or two, feel free to drop in.

When: Tuesdays, 1:00 – 3:30 pm  
Fee: \$20/12 month & LSCO membership  
Non Mem: \$2/day

### KNITTING & NEEDLEWORK

Join the LSCO Knitters and needlework group. It's a great time to work on projects of your choice, share ideas and enjoy the socialization. Bring your own supplies. Beginners are welcome.

When: Thursdays, 1:00 – 4:00 PM  
Fee: \$10/12 months & LSCO membership

### PAPER TOLE

If you are familiar with the art of paper tole and would like to work on your projects while socializing, consider signing up for this weekly workshop. Ideas are shared however, no formal instruction is given. If you are interested in learning this art please leave your name on the interest list at the Administration Desk. Please purchase an LSCO Membership at the Administration Desk before registering for this group.

When: Fridays  
Time: 9:00 am – 3:00 pm  
Fee: \$22/year & LSCO membership  
Location: Craft Room

### NOTE:

*Not all Special Interest & Creative Arts Programs have resumed. For more information on which ones have please call us at 403-320-2222 and have your name put on the interest list.*





# Recreation and Culture Fee Assistance Program

Launched in November 2015, the City of Lethbridge offers a Fee Assistance program for residents who face financial barriers to participating in recreational and cultural opportunities.

Each qualifying individual can receive up to \$150 for one activity offered by a local organization providing recreational and cultural programming and/or memberships. For those uncertain of programs available, some websites to review for ideas: Active Lethbridge, Lethbridge Sport Council, and Allied Arts Council and/or ask City staff.

**Effective January 1, 2022 we will be reducing the maximum back to the pre-pandemic level of \$150 per person.**

### Program Eligibility

To qualify for this program you must provide:

- **Proof of Lethbridge Residency** by uploading one of the following:
  - Bank or Credit Card Statement
  - Government Issued Letter or Notice
  - Current bill from utility provider such as home phone, gas, cable, energy provider

**Proof of Income Status or Proof of Household Income below Statistics Canada's Low Income Cut-Off (LICO)** by uploading one of the following:

- a current Medical Service Card if you are on AISH
- a letter from a housing program such as Lethbridge Housing Authority if you are a client
- a Direct Deposit Statement if you are on Income Support, EI, or CRB\*
- a copy of a Refugee Protection Claimant document if you are a refugee
- a recent pay stub
- Tax Notice of Assessment

### Low Income Cut-Offs (before tax)

# of people in family	Gross income
1	25,920
2	32,899
3	40,445
4	49,106
5	55,695
6	62,814
7+	69,935

Activities that qualify must:

- be eligible for federal tax credits under the former Physical Activity or Arts and Culture tax credit guidelines
- be a Lethbridge organization
- be a class or membership at any organization that offers recreational or cultural activities

This program cannot be used for reimbursable fees (ie fundraising or uniform deposits), travel to out of town competition, or program of three days or less).

Go to [www.lethbridge.ca/feeassistance](http://www.lethbridge.ca/feeassistance) to apply online. If you need help with the online form, please contact Lori at 403-360-1720.

*Funding will be provided until budgeted funds are used up in any given year.*



For questions, please contact Lori Harasem at [feeassistance@lethbridge.ca](mailto:feeassistance@lethbridge.ca) or text/call 403.360.1720

# FLOW YOGA Evening



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  
January 4 – February 22  
Time: 5:00 – 6:00 pm  
Fee: \$54 LSCO M; \$72 NM  
Instructor: Donna Tiefenbach  
Location: Room A/B

## 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.



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


When: Wednesdays  
January 12 – February 23  
Time: 8:30 – 9:30 am  
Fee: \$46 LSCO M; \$54 NM  
Register by: Monday, January 10  
Location: Room A/B



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: Thursdays, January 6 – February 24  
Time: 11:15 am – 12:15 pm  
Fee: \$53 LSCO M; \$72 NM  
Register by: Tuesday, January 4  
Location: Room A/B





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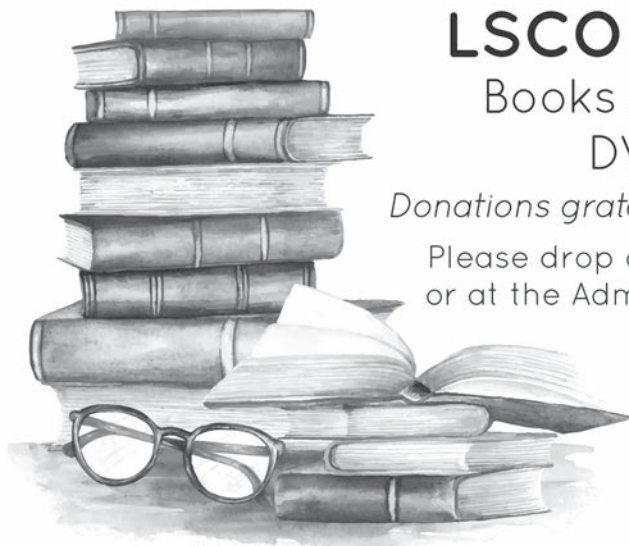


Dale Martin Jr.   Chris Martin Jong   Daryl Lockyer   Bruce Small   Brianne Kempe   Sandy Regier

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



## 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!**

# 30/30 ZUMBA GOLD/ ZUMBA GOLD TONING

This class combines the best of both Zumba Gold (dance fitness without weights) for 1/2 of the class and Zumba Gold Toning, the other 1/2 of the class (using the hand held toning sticks to focus on muscle toning and conditioning, to help increase your strength and bone density). Truly exercise in disguise!! Wear comfortable clothes, footwear and bring a water bottle.

When:            Thursdays, January 6 – February 24  
Time:            11:15 am – 12:00 pm  
Fee:              \$54 LSCO M; \$72 NM  
Instructor:    Sheila Mulgrew  
Register by:   Tuesday, January 4  
Location:      All Purpose Room

# Book your visit today!



[www.galtmuseum.com/visit](http://www.galtmuseum.com/visit)

## Is the air inside your car safe?

Whether it's fighting traffic to get to work every morning or roaring off to pick up a child from school, most of us spend a lot of time in our cars. What you might not know is that this may be exposing you to chemicals and pollutants.

Traffic-related air pollution is known to negatively affect the heart, lungs and our overall health. Your exposure to these chemicals and pollutants depends on many factors, including surrounding traffic, whether windows are open and fan settings. Pollution is often highest during rush hour commutes.

In addition to traffic pollution, you are exposed to other pollutants that can be concentrated inside your vehicle. Here are some tips to reduce your exposure to air pollution while driving:

**1. Replace your cabin air filter.**

Replacing your cabin air filter will help reduce air pollution from outside entering your car. Electrostatic cabin air filters can lower your exposure to traffic pollution, especially particulate matter.

**2. Don't store certain products in your trunk.**

Move solvents, oil, gasoline, fuels and other products that may release harmful fumes or catch fire to a shed or an unattached garage. Be sure to keep them out of sight and out of reach of children and pets.

**3. Reduce the emissions from your car.**

Vehicle exhaust contains carbon monoxide, nitrogen oxides, fine particulate matter and volatile organic compounds (VOCs). Keeping your vehicle well maintained helps reduce your contribution to air pollution. If you can, consider driving a low- or zero-emissions vehicle.

Depending on where you live, vehicle emissions testing may be required by law. Regardless, it is good practice to ensure you are not contributing unnecessarily to the air pollution around you.

Finally, don't forget that reducing emissions also means choosing alternative and active forms of transportations whenever possible. Try biking, walking, public transportation, carpooling and even grouping your errands to drive less.

**4. Keep a smoke-free vehicle**

Never smoke, vape or use e-cigarettes for tobacco or cannabis inside your car. Many provinces have regulations banning smoking in vehicles with children. Know the regulations in your region and stay smoke free.

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



## A Look Back and a Look Forward

When I look back at 2021 and all the things that happened during this long year, I recall how it started with some promise and hope that Covid would be over, and life would return to normal once the vaccines were widely available. I believe most of us were thinking that once we got the vaccine, it would be a magic bullet and Covid would go away. What they didn't tell us or didn't know was that the vaccine would prevent serious illness from Covid, but not give us immunity from Covid. They also didn't tell us that we would likely have to get a booster shot, which by the way I got a booster a few days ago. Medical science is doing the best they can to defeat Covid, but it is likely a virus that we can't defeat in the foreseeable future, and we will have to do our best to adjust to the new reality. Governments around the world are dealing with Covid and every country has its own unique way of handling it. Needless to say Covid has changed the course of our lives and it will continue to do so.

2022 does hold some hope that Covid will be less of an issue. I will be cautiously optimistic in this regard....

I have renewed my love of reading, which for many years lay dormant as I went about my



### Legal Tips and Information

Douglas Alger

pre-pandemic life. One author I have come to love is Matt Haig. Matt writes books that have a message about life. His books are not simply the telling of a story, but a means of teaching us something while telling us a story. This year Matt released a little book called *The Comfort Book*. If you are looking for little pearls of wisdom on how to live your life, this is a good place to start. It is hard to pick a quote from this book, but the following passage, might just make you go out and buy your own copy or not:

*Why break when you can bend?*

*You don't have to cope with everything. You don't have to handle everything. You don't have to keep a lid on everything to get through a day.*

*You can't turn tides. You can't defy gravity. You can't go against the grain without getting splinters.*

*But you can drop the disguise. You can feel what you feel. You can stretch out inside yourself.*

*You can cry. You can feel. You can show what you are.*

*You can, in fact, be you.*

Matt Haig, *The Comfort Book*, 2021

A great piece of wisdom and some good advice for the coming year.

I look forward to seeing you at the monthly legal clinics at the LSCO. I truly enjoy meeting with you there and I hope that I can give you a little advice that eases your legal concerns and allows you to enjoy the life you have been given. Feel free to reach out to me as that is what makes having a legal career rewarding and meaningful. ★

Doug Alger of *AZ Lawyers* is available for legal advice every second Wednesday of the month from 10 to Noon. Appointments can be made by contacting the LSCO.

## 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 "5 minute Tai Chi to relieve stress and improve immunity", eight brocades, basic health exercises and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations. Wear comfortable cloths and clean footwear that are easy to move in. Please wear a mask in this class. Please Note: We are not able to accommodate drop in participants or guests for this program. Space is limited.

When: Tuesdays & Thursdays  
January 4 – February 24  
Time: 10:15 – 11:00 am  
Fee: \$80 LSCO M; \$116 NM  
Instructor: Dave Scotland  
Location: Gym 2  
Register by: Friday, December 31



## 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: Mondays & Wednesdays  
January 17 – 26  
Time: 10:00 am – 12:00 pm  
Fee: \$50 LSCO M; \$70 NM  
Instructor: Rod Henriquez  
Register by: Friday, January 14

When: Tuesdays & Thursdays  
February 1 – 10  
Time: 1:00 – 3:00 pm  
Fee: \$50 LSCO M; \$70 NM  
Instructor: Rod Henriquez  
Register by: Friday, January 28



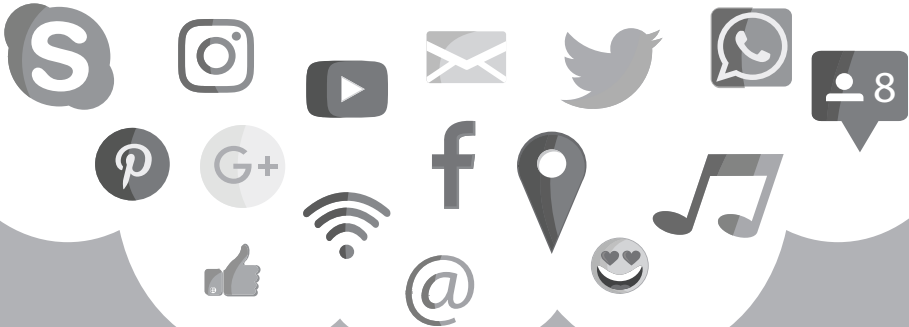
In 2015, a Chinese woman was stopped at an airport in Beijing for carrying a bottle of Cognac. Rather than surrendering it to security, she drank the entire bottle on the spot. She was later prevented from flying because she was too drunk. ~ weird-facts.org

MAKE  
EVERY  
STEP  
COUNT

## POWER WALK

Prepare to sweat! This intermediate 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, indoor footwear and bring a water bottle. Modifications will be given.

When: Wednesdays  
January 5 – February 23  
Time: 9:00 – 10:00 am  
Fee: \$54 LSCO M; \$72 NM  
Instructor: Tracy Simons/Nancy Purkis  
Location: Gym 1  
Register by: Tuesday, January 4



## 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, February 15 – 24  
Time: 1:00 – 3:00 pm  
Fee: \$50 LSCO M; \$70 NM  
Instructor: Rod Henriquez  
Register by: Friday, February 18





## 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.

**February 1 – 22, 2022**  
**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](http://caregiversalberta.ca) | 780.453.5088  
office@caregiversalberta.ca | 1.877.453.5088 (toll-free)

An Australian man – Don Ritchie, lived across the street from the most famous suicide spot in Australia, known as “the gap.” He lived there for almost 50 years, and during that time, he saved at least 160 people from committing suicide by striking up a conversation and inviting them to his house for tea. Some of the people he helped returned years later to thank him for his efforts in taking them out of their decision. In 2006, he was awarded the Medal of the Order of Australia. Ritchie died on 13 May 2012, age 86. ~ weird-facts.org



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Deadwood, SD May 31 – June 7

Kelowna Mar. 6 – 9

Seattle Blue Jays July 5 – 12

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Winnipeg Folklorama Aug. 6 – 12

Camrose April 24 – 26

Polson/Kalispell Sept. 6 – 9

Seattle Blue Jays July 5 – 12

Winnipeg Aug. 6 – 12

Moose Jaw – Saskatoon –

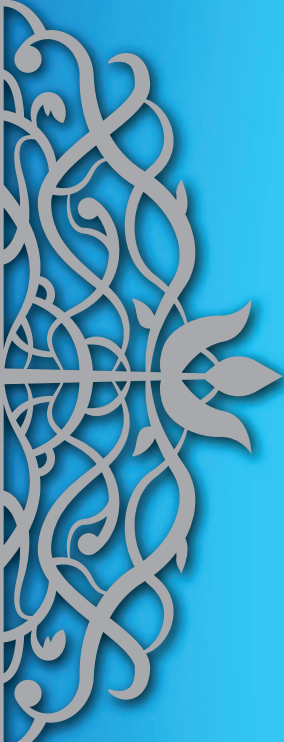
Okanagan Oct. 12 – 19

Medicine Hat May 15 – 18

Christmas in Branson Nov. 17 – Dec. 2

Check out lthtours.ca or call for more details for all our trips!

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PAPER TOILE

If you are familiar with the art of paper toile and would like to work on your projects while socializing, consider signing up for this weekly workshop. Ideas are shared however, no formal instruction is given. If you are interested in learning this art please leave your name on the interest list at the Administration Desk. Please purchase an LSCO Membership at the Administration Desk before registering for this group.

When: Fridays

Time: 9:00 am – 3:00 pm

Fee: \$22/year & LSCO membership

Location: Craft Room

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Tai Chi 108 Form Practice


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

When: Wednesdays, January 5 – February 23

Time: 10:15 – 11:15 am

Fee: \$24 LSCO Members; \$46 NM

Register by: Tuesday, January 4





LET'S OVERCOME LONELINESS  
ONE CALL AT A TIME



Apply to be a Volunteer today!

SENIORS HELPING SENIORS!

The Keep in Touch Program connects community volunteers to seniors who feel alone and would appreciate a phone call once a week.

If you have some time to spare during your week, we want to encourage you to sign up as a Senior volunteer for our Keep in Touch program. We will match you with one of our senior participants, and you will talk to them for an hour or so over the phone once a week. To become a volunteer we do require that you use email.

As restrictions remain in place and winter arrives the length of time many seniors have been in isolation grows as does the demand for support. Their overall physical and mental health are at increased risk.

You **CAN** make a difference in a senior's life, one call at a time!

If you are interested in volunteering to call a senior once a week, please contact:

Karen Sparkes

volunteer@volunteerlethbridge.com

OR Phone: 587-220-1726

We can all use a friend who is ready and willing to listen.

Please help us by becoming a volunteer and calling a senior who feels alone!

Funding for this project was provided through the Government of Alberta Mental Health and Addiction Covid-19 Community Funding Grant Program



INTRODUCTION TO YOUR iPad

If you have a Tablet this class is not for you.

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

When: Tuesdays & Thursdays, January 18 – 27

Time: 1:00 – 3:00 pm

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

Instructor: Rod Henriquez

Register by: Friday, January 14



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# Computer Corner

by Sjoerd Schaafsma

## Why you Might want More than One Computer & some New Year’s Tips

I’ve recently run across a couple of scenarios where you might want to hang on to that older computer as a second PC. It depends on a few things:

- Is space an issue?
- Do you have a specific function for that computer that a new one won’t do?
- Is the software you’ve become proficient at and use extensively no longer compatible with a new machine?

In my case, well, let’s just say the computer spaces are cramped, the system I use works well for me. My older OS seldom interrupts me to update, and the printer I rely on won’t work on a more modern 64 bit computer. If I need speed, more computing power, or a reliable Windows 10 system, I can almost always use my wife’s PC. If I’m presenting a session at the computer club, I have a couple of laptops or an iPad which usually do the job.

I mentioned cramped computer corners, yes, that does imply spare computers. A recent request from a friend prompted me to write this article. His mother’s 20 year old XP computer had died, “Sjoerd do you have any spares?” Luckily he’s capable enough to take the spare I had and the usable parts his mom had to get her up and running again with her favourite software. And, I acquired some more space.

I won’t go into all the reasons for hanging on to a mobile computer, be it laptop or any variety of tablet. There are numerous articles online devoted to repurposing old tech. Try a Google search for “repurposing old technology”. Including the quotation marks will cut the results down from millions to a few thousand.

I like to work with multiple open windows and be able to see as many as I need at once. To place them I drag them where I want. Sometimes the new window would snap to an unwanted location or take up an entire screen. I don’t like this behaviour.

By default, since Windows 7, Microsoft includes a ‘feature’ called **Snap Assist** or **Aero Snap**. This lets you snap open windows on the desktop to the edge of your screen or display a window full screen. However, you might not like this default behavior. Disabling it is easy, here’s how:

- In **Windows 7 or 8** open Control Panel and select Ease of Access
- click the “*Make the Mouse Easier to Use*” link.
- check the “*Prevent Windows from Being Automatically Arranged when Moved to the Edge of the Screen*” box and click OK
- In **Windows 10**
- Go to settings
- Click “*System*”
- In the sidebar click “*Multitasking*”
- In the large pane locate the “*Snap windows*” option and flip the switch to turn it “Off.”
- Close Settings.

You can now position windows anywhere on the screen without worrying about them snapping into place. Thanks to the original authors at Groovy post and How-to Geek.

Complete details with illustrations can be found at the links below.

<https://www.groovypost.com/howto/disable-aero-snap-windows-7-windows-8/>

<https://www.howtogeek.com/720064/how-to-turn-off-snap-to-maximize-in-windows-10/>

Disable Snap Assist on Windows 10

**Hints and Tips:** Did you lose the **Trash** folder in Gmail? It’s now called **Bin**, you may still need to scroll to the bottom of the label list and select **More** to see it though.

**Notice of workshop updates will be via the Computer Club email list.**

The Computer Corner and *LSCO Times* can be read online at:

<http://lethseniors.com/about/lSCO-times-publications/>.

# Computer Club WORKSHOPS & Events

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

These are low key sharing events geared for seniors interested in learning more about computer technology and how to use it. We are here to help.

Unless otherwise stated **Workshop events will run from 1:00 - 4:00 pm**. These don’t usually take up the entire time slot.

There is no guarantee that a club member will be present on any given sharing day. Send an email with a preferred date if you want help.

## January 2022

- Monday 10** Updates, installs, sharing & help
- Wednesday 12** Question & Answer session: **Renewable Energy, Electric Vehicles & Computers** – includes a short video presentation. Presented by Eric Marshall
- Monday 17** Sharing & help session
- Wednesday 19** Sharing & help session
- Wednesday 26** **Sharing Photos on the Smart Board** – probably with Irfanview the free viewer. Max of 40 per person. If you are interested in this sharing session, start picking your photos now. If you already have a blog or presentation, that’s great! If it’s enough for an entire session, we can add it on another Wednesday. The format and length of this session will depend on how many presenters come forth. If the presentation is on a laptop or iPhone we can connect your device to the Smart board. Please let me know of your intentions two weeks before the session to be sure we have what you need in the lab. Testing beforehand is advisable.
- Monday 31** Planning plus sharing & help session

## February

- Wednesday 9** **Google tutorial** via GCF learning - hands on session

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

E-mail [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com) to be added to the email list or to ask for help from the computer club.

# Knitting & Needlework

Join the LSCO Knitters and needlework group. It's a great time to work on projects of your choice, share ideas and enjoy the socialization. Bring your own supplies. Beginners are welcome.

When: Thursdays  
Time: 1:00 – 4:00 PM  
Fee: \$10/12 months & LSCO membership



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**Wishing you & your family a Happy New Year!**

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Every year during the last weekend of August, redheads from all over the world flock to the Netherlands for the Redhead Days International Festival. It was founded by a blonde. ~ weird-facts.org

**ABSTRACTION FOR BEGINNERS**

This class will give you a chance to understand what abstract art is all about. We will uncover some creosol aspects in creating abstraction including some history, the 6 key principles and elements of design, and the how to's. So if you want to be challenged and have a new way of approaching your art making, this class will do just that. I guarantee it will be fun and an eye opener. No experience necessary as long as you can pick up a brush or pencil and make a mark. Ask for a list of supplies when registering.

When: Wednesday, February 2 – March 9  
Time: 10:00 am – 12:00 pm  
Fee: \$50 LSCO Member: \$70 NM  
Instructor: Donna Gallant  
Register by: Wednesday, January 26

**MIXED MOVEMENT MEDICINE**

Mixed Movement Medicine is a blend of dance & movement to music that creates a playful practice of moving that is suitable to any level of fitness. Mixed Movement Medicine invites inspiration, exploration, ease and flow. Class ends with a variety of yoga stretches. Please wear comfortable clothing, and bring a yoga mat (optional) and water! Dance experience is not required as this class is for anyone who wants to move to music at their level.

When: Thursdays, January 27 – March 31  
Time: 5:15 – 6:15 pm  
Fee: \$80 LSCO M: \$95 NM  
Instructors: Michelle Dimnik, Michie Moline, Val Kunimoto and other special guests  
Location: Gym 2

A poor black girl, Sarah Rector, became an oil baron when oil was discovered on the land allotted to her by the government. She was so wealthy that the Oklahoma legislature declared her white, allowing Rector to reap the benefits of her high social standing, such as riding in a first-class car. ~ weird-facts.org

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**Amy Cook**  
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**403-394-0306**

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

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